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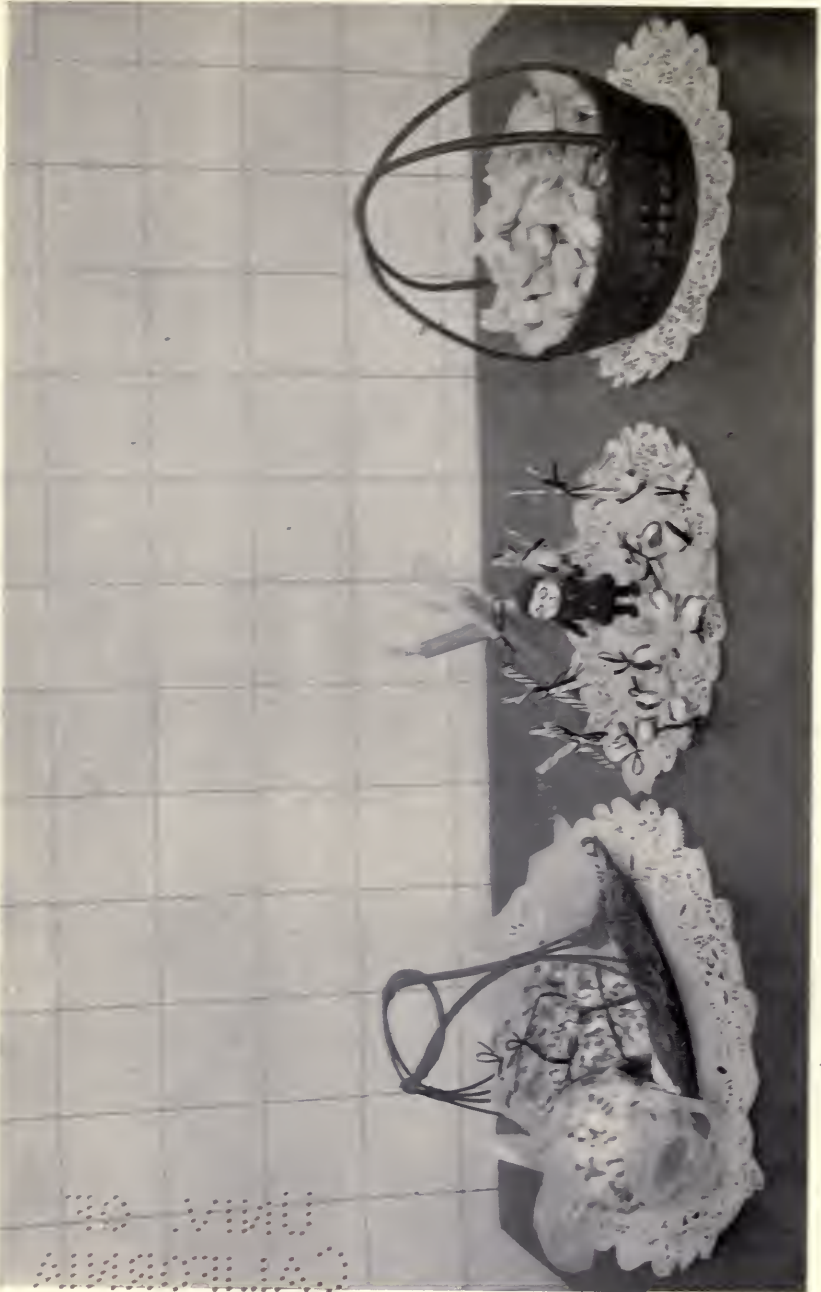




*My Candy Secrets*



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Simple Sweets for Children

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# MY CANDY SECRETS

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A BOOK OF SIMPLE AND ACCURATE INFORMATION WHICH, IF FAITH-  
FULLY FOLLOWED, WILL ENABLE THE NOVICE TO MAKE  
CANDIES THAT NEED NOT FEAR COMPARISON  
WITH THE PROFESSIONAL PRODUCT

BY  
**MARY ELIZABETH**  
AUTHOR OF "MARY ELIZABETH'S WAR TIME RECIPES"

EVANS  
" Blue

WITH FIFTY-THREE ILLUSTRATIONS FROM PHOTOGRAPHS SPECIALLY  
TAKEN TO SHOW ACTUAL PROCESSES OF MAKING CANDIES



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CALIFORNIA

NEW YORK  
**FREDERICK A. STOKES COMPANY**  
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## Preface

IT is often asked of me: "When did you first begin making candy?" And I am obliged to say I honestly cannot remember, for as children we were allowed all the candy we wished, provided we made it ourselves—and thus made sure of its purity. Mother says that the instinct was inherited—for she was given by her father, when she was only twelve years old, her very own kettle and candy hook that she might indulge her sweet tooth without commotion in the kitchen. Mother still has her diary of that time and a frequent entry is: "Came home from school and made candy."

As much as I had inherited and learned as a child of candy making, it was not enough to save me many trials and sad mistakes when at sixteen I really began to make candies to sell. There was no book to teach me the things I needed to know. I had to learn almost entirely from experience—bitter experience. For a mistake meant loss of materials and time—a loss indeed in those days.

Naturally, I learned much through years of trying this and that way, and I know that what I have learned of the "hows" of candy making will be a great help to those who would like to make candies at home. Therefore, I have written this book; and in doing so I have endeavored, not only in my text but by means of many photographs, to show clearly and concisely the *methods* of making the various kinds of candies, as I believe this will be far more helpful than a mere collection of recipes. Once the knowledge of methods is understood, one can make at home as many varieties of candies as one's imagination may inspire.



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## Introduction



## Equipment Required for Candy Making

One does not undertake to play tennis without a tennis racket; golf, without at least three clubs; nor to cook without a fire. So it is in candy making.

### *Thermometer:*

There is one essential utensil without which no one should try to make candy, and that is a cooking thermometer. It is possible to test candy by water, but if the water is warm or icy, that makes a difference which must be considered; also, unless one tests the same thing often by water, one will find it difficult to remember, for instance, just *how* soft a "soft ball" should be. Candy tested by water test, even when one has had much experience, is somewhat of a lottery. For those who are new at candy making, it is utter folly even to try without this instrument of accuracy.

Candy thermometers may be purchased at most opticians and cost about \$2.00. The thermometer must always be put into the candy when the latter is first put on the stove. If put in after the candy has begun to heat, the glass is liable to crack.

There are times when those of us who are known to be able to make candy are called upon to "do it" in the wilds of



## Equipment Required for Candy Making

Canada (like my friend and publisher), or in the Big Horn Mountains of Wyoming (like myself), where only the most simple camp cookery equipment is available—much less a cooking thermometer. These are the times when perhaps one gets the very greatest joy out of candy making, and for such emergencies I print the following table of equivalents. May it be with you in your hour of need!

### *Table of Equivalents:*

220° by the thermometer—or *thread*—is the degree used in making icing and simple syrup (used for thinning fondant). This is when the boiling sugar first begins to hair as it drops off the spoon. It can hardly be found in water, so one must judge it from the “hair” as it drops from the spoon.

240° by the thermometer—or *soft ball*—is when a few drops in a cup of cold water will be just firm enough to hold together so that you can pick it up.

250° by the thermometer—or *hard ball*—is when a few drops in a cup of cold water form a firm ball.

260° by the thermometer—called *soft crack*—is when a few drops in the bottom of a cup of cold water are a little too hard to form into a ball.

290° by the thermometer—or *hard crack*—is when a few drops in a cup of cold water form immediately into crisp, firm drops in the bottom of the cup.

330° by the thermometer one can usually tell

## Equipment Required for Candy Making

by color—the boiling mass begins to turn a little yellow.

These equivalents are fairly safe for those who have often made candies and know just how they should be; but under no circumstance do I recommend that they be used by the novice. My “pride would have a fall” should any novice try one of these recipes for the first time by using a *water* test instead of a thermometer, for I *know* the result would be an utter failure.

In compiling this book, I have kept in mind how difficult it is for any one not in the business to obtain “professional equipment.” In every possible instance I have used utensils that every kitchen contains. In some cases the professional candy tool may be a little better suited, but I have been happily surprised myself, in this little exploring expedition, to find how many of our ordinary kitchen things make perfectly good substitutes.

### *Marble Slab:*

Unless one should desire to make more than a pound or two of candy at a time, this one utensil—the thermometer—along with ordinary kitchen utensils will suffice. For those who wish to make larger quantities a marble slab is essential. The slab of an old-fashioned

## Equipment Required for Candy Making

marble-topped table will do, if placed on a good steady table. Or one can purchase from a confectioners' supply firm, a marble of suitable size for about \$10.00.

### *Candy Hook:*

The candy hook for pulling taffy in our own home, when we were children, was an ordinary hardware-store blunt hook about two and a half inches in diameter. It should be firmly driven into a wooden wall or casing so that the pulling does not loosen it. The bottom of the hook should be on a level with the eye of the person who is to use it. Illus. Chap. I.

### *Confectioners' Funnel:*

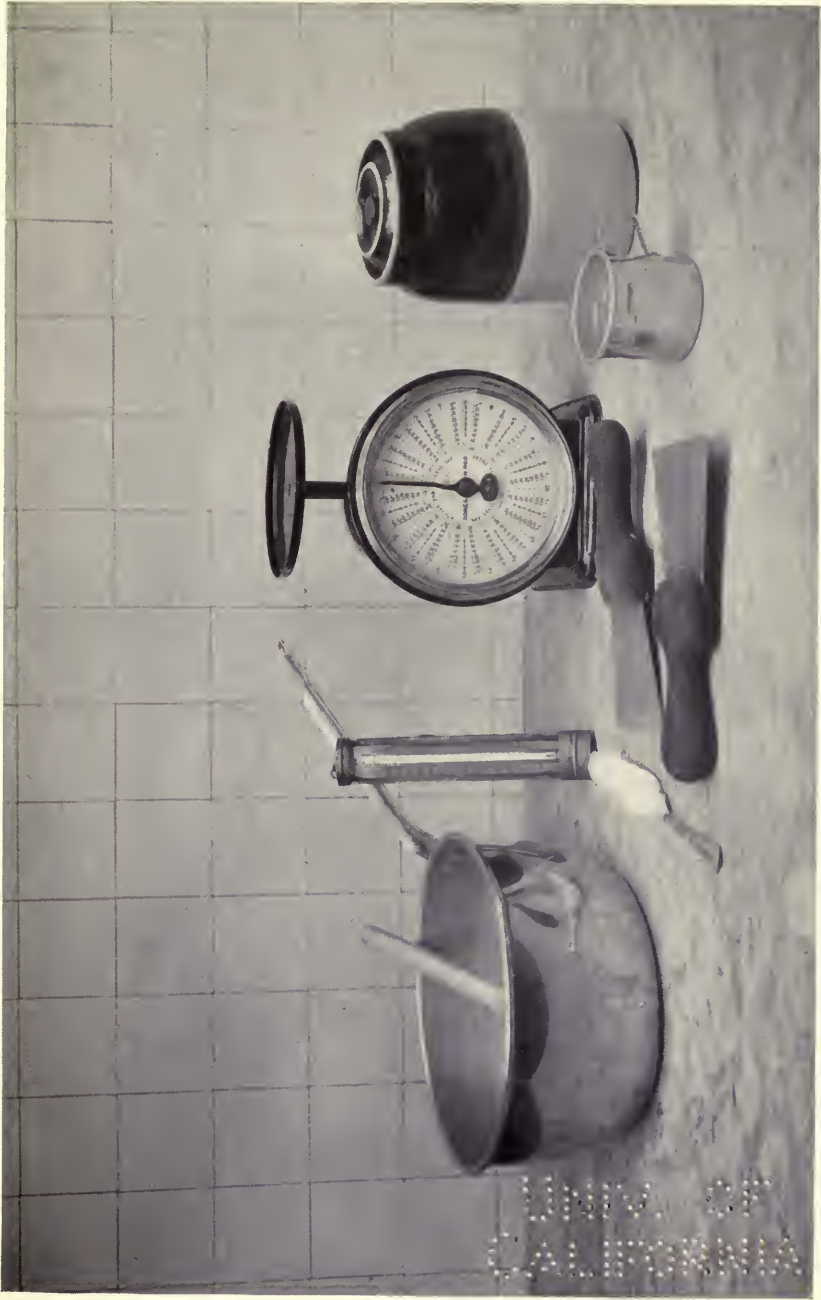
For making cream peppermints, and for molding creams in cornstarch, a confectioners' funnel with rod is used (see illustrations, facing pages 65 and 88). They can be had from confectioners' supply houses, and cost, funnel and rod complete, sixty to seventy-five cents.

### *Molds for Chocolates:*

Plaster of Paris molds, used to make impressions in cornstarch for molding creams to be coated with chocolate, can be had on sticks in various designs as illustrated opposite pages 64 and 65. They cost about sixty cents a stick containing a dozen molds of one design.

### *Accurate scales:*

Very important in candy making, is accurate measurement of ingredients,



Utensils required for Candy Making

TO THE  
ASSEMBLY



## Equipment Required for Candy Making

and for this a kitchen scales or weighing machine is necessary. (Domestic Science teachers now advocate weight measurements in all cookery.) For the convenience of those who may not have scales, I have given both weight and cup measurements, but I do not recommend the latter method.

### *Spatula:*

A wooden spatula is also a needed tool for working the fondant on the slab, and can be had at most department stores for ten cents. A long-handled spatula is also best for stirring candies that are prone to burn while cooking. The handle does not get hot and the flat edge "scrapes" the bottom without agitating the batch.

### *Aluminum Kettles:*

Aluminum utensils are best for cooking candy, as they give the greatest protection from burning.

### *Cheese-Cloth:*

Clean cheese-cloth squares are convenient for use in wiping the crystals from the sides of kettles while candy is cooking, and for covering fondant.

### *Covered Crock:*

A large-mouthed covered crock is the proper thing to keep fondant in for future use, as it keeps the fondant moist and soft. Hard candies should be kept in air-tight jars.

### *Bon-Bon Fork:*

In making bon-bons and glacés, and in dipping chocolates, confectioners'

## Equipment Required for Candy Making

bon-bon forks of various shapes and sizes will make prettier and more regular markings than the ordinary fork. They cost about thirty cents each, and may be purchased from any confectioners' supply firm. However, it takes a certain amount of skill to handle them advantageously and I think the average person will not find it worth while to use them.

### *Caramel Knife:*

For cutting caramels, nougat, and other sticky firm candies, use a butcher knife, handling it as illustrated on page 94.

### *Cake Tins for Cooling Candies:*

Square or oblong layer-cake tins are best for cooling candies, for crystallizing, and for fudge.

### *Wax Paper:*

Wax or paraffin paper can be bought at most department stores. Paper houses will supply it in large sheets which they will cut to any size desired. The quality varies; that which is heavily coated with wax should be selected for use in wrapping candies. An extra heavily coated wax paper should be used to place dipped chocolates or bon-bons on.

### *Rice Paper:*

Rice paper is edible and is used as a coating for nougat. The rice wafers one buys to feed gold-fish, if in large enough pieces, can be used perfectly for



## Equipment Required for Candy Making

this purpose. The regular rice paper in larger sheets is sometimes difficult to find—though it is usually to be had from confectioners' supply houses.

## General Instructions

### *Weather Conditions:*

Atmospheric conditions affect candy and must always be taken into consideration. In summer one should cook all candies a degree or two higher than in winter. In humid hot weather, it is impossible to make good hard candies. Large candy makers overcome this by having a specially constructed room in which they can control the heat and moisture. Without such a room it is useless to undertake to make, in hot weather, crisp or hard candies, such as glacé nuts, brittles, stick candy, or lime drops. They will perspire almost before they are cold, stick together, and soon become sugary on the outside.

### *When Fondant or Hard Candies "Sugar":*

Fondant or hard candy will be ruined if stirred while cooking after the sugar is dissolved, and it should not be jarred when removing it from the stove or while pouring it. A slight disturbance starts crystallization, which causes fondant cream to be gritty and not smooth, and hard candies to turn back into sugar once crystallization begins. It is best, when removing these kinds

## General Instructions

from the stove, to stand them quietly on a table until all the boiling and bubbling has ceased and the candy is quiet before starting to pour them. All "not-to-be-stirred" candies are better if cooked quickly. The fire cannot be too hot. If cooked slowly, the candy will be gummy and lifeless, instead of brilliant and crisp.

### *Burning:*

Always stir while cooking those varieties which are made with butter, cream, milk, chocolate, or molasses. They will burn if not stirred constantly.

### *Boiling Over:*

Candy containing cream, milk, butter, chocolate, or molasses (especially molasses) will boil up *very* high and should be cooked in a kettle *three or four times larger* than the ingredients would seem to require, else it will boil over.

### *Flavoring:*

Delicacy of flavor is very important. Candies are often spoiled by too much flavoring. Use only the best grade and *very little* in quantity. Since it is easy to add too much, I recommend measuring flavors with a medicine dropper. A few drops of good extract or oil is enough to flavor a pound of candies.

Flavors should always be added when the candy is a little cool, to avoid evaporation and give full zest of the flavor.

## General Instructions

For fruit flavors the fresh fruit is best. For lemon, orange, or lime use juice and a little of the outside grated peel. For raspberry or any of the berries, use crushed fruit and a little lemon juice.

In making hard candies the oil of the fruit is better. But for all soft candies use fresh fruit whenever procurable, instead of extracts.

### *Colorings:*

In coloring candies it is possible to use vegetable or fruit colors, such as beet juice for pink, spinach juice for green, or in the case of orange or lemon, a bit of grated peel gives both color and flavor.

When high colorings are preferred the Burnett color pastes are very easily procurable (at most grocers) in small quantities.

### *Chocolate:*

Chocolate is made by grinding various blends of cocoa beans between heavy mill-stones, over and over again. Each time the milling process is repeated, the chocolate gains in smoothness. There is a very large amount of fat (cocoa butter) in cocoa beans, part of which is removed, in order to make chocolate of the desired consistency and richness. Sugar and vanilla, and some-

## General Instructions

times spices, are added, and in making milk chocolate, powdered milk.

Chocolate is made in different grades and mixtures for different purposes. That for eating or cooking is not made quite the same as that for coating candies. One should be careful to obtain for the latter purpose the specially prepared *coating chocolate* (see page 57).

*To Oil Pans,  
Etc.:*

Olive or peanut oil is best for oiling slabs and pans and should be used with a brush. It goes farther and spreads better than harder fats like butter.

*To Moisten  
Fondant:*

If fondant is dried out, or a little over-cooked, it may be softened by working in, by hand as in kneading dough, a little simple syrup (recipe, page 82). A teaspoonful will soften a large quantity.

*To Chop Nuts:*

In chopping nuts, spread them thinly on a bread-board and chop with a large sharp knife. In this way you cut all the nuts into small pieces and pulverize none. When a chopping-bowl is used, many nuts are pulverized before others are cut small enough.

*A Last Word:*

Candy making should be as carefully conducted as a chemical experiment—indeed, it is one—and all ingredients should be as carefully measured, all utensils as scrupulously clean, as in a laboratory.

I

*Simple Sweets for Children*





## Simple Sweets for Children

The following recipes are all candies that are both wholesome and easily made, and some are especially pleasing to children. Other candies which sometimes are regarded as children's kinds, such as lolly-pops, sticks, etc., will be found under the heading "Hard Candies."

That a certain amount of sweet is a physical necessity for growing children has been generally accepted. We are told that the Belgian children, having been on such short food rations, seem to suffer most of all from the lack of sweets. Sweets for children should, however, be pure and wholesome, but they can also be made attractive. To please the eye of a child is part of the fun of making candy for him.

### *Fig Figures:*

Fig figures are made of fruits and nuts, all edible and harmless, with a marshmallow serving as the face. They are made on little wooden standards of cedar wood.

Two long, slim nails should be driven through the wooden standard; then the standard should be painted with a sugar-and-water sirup cooked to 240 degrees, and dusted with granulated

## Simple Sweets for Children

### *Fig Figures:*

sugar, which the sirup will make stick to the standard.

Next, split a large almond, and with glacé (recipe, page 127) stick the two halves (brown sides up) on to the standard, just in front of the wire nails, to form the feet.

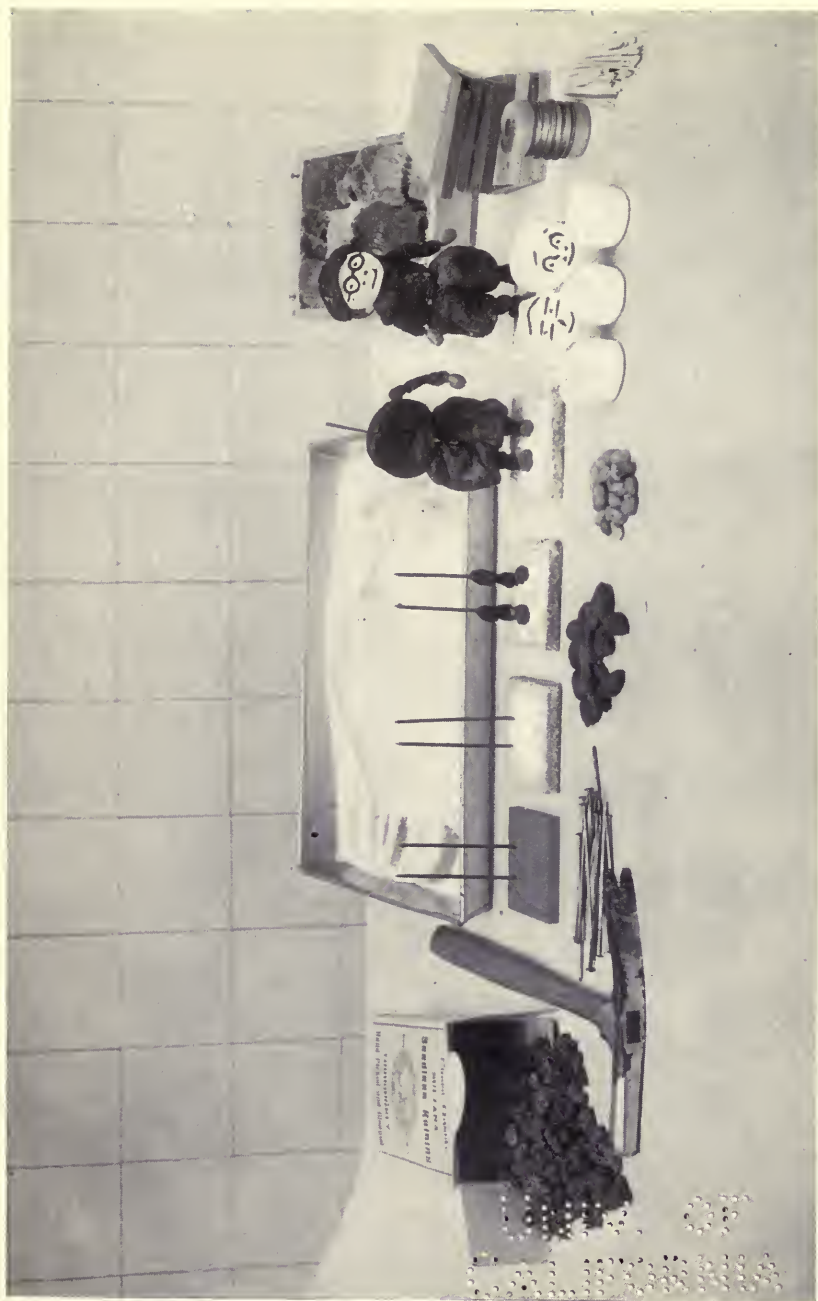
Now put three or four raisins on each wire nail, to make the legs, and then a dried fig to form a skirt, or two small figs to form the little pants of a boy figure. Then another plump fig for the body.

Through the upper part or shoulder of the body fig, pass a slender piece of wire, long enough for arms. Cover this wire with tiny currants, and at each end place a peanut for hands.

Into the top of the fig body, stick one or two toothpicks, allowing them to protrude sufficiently to hold a marshmallow, which has previously had mouth, nose, and eyes marked on it. This is done with a toothpick dipped into melted chocolate. A little practice will enable one to give various amusing expressions of demureness, surprise, sadness, etc., all of which adds greatly to the charm of these little fig figures.

On top of the head put a little piece of fig as a hat, sometimes making it in





Materials required for making Fig Figures

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## Simple Sweets for Children

a peak shape, like a toboggan, and sometimes flat, like a tam-o'-shanter, the stem making the tassel.

The illustration shows all the ingredients and a fig man in each step of his construction.

### *Molasses Candy:*

Into a kettle (preferably aluminum) three or four times larger than the ingredients would seem to require, put:

- 1 lb. (2 cups) granulated sugar
- $\frac{1}{2}$  lb. (1 cup) light brown sugar
- 2 lbs. ( $1\frac{1}{2}$  cups) Karo Syrup
- 1 pt. (2 cups) Barbadoes molasses, if procurable; if not, New Orleans molasses
- $\frac{1}{2}$  pt. (1 cup) water
- The candy thermometer

Stir when nearly done to prevent burning.

Cook until the thermometer registers 254 degrees. Remove from the fire and add:

- $\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter
- $\frac{1}{2}$  teaspoonful salt
- Soda the size of a pea

Mix well and pour onto a cold, oiled marble slab or into a cake pan. Cool as quickly as possible. When firm and cold pull over a candy hook until the candy is of a bright yellow color, fluffy and full of air.

Stretch out and cut into pieces on

## Simple Sweets for Children

oiled plates. Wrap in heavily waxed paper if not to be used at once. (See illustration pulling candy on opposite page.)

### *Chocolate Taffy:*

2 lbs. (4 cups) granulated sugar  
1 lb. ( $\frac{3}{4}$  cup) Karo Syrup  
1 cup water  
 $\frac{1}{4}$  lb. chocolate (unsweetened)

Use a very large kettle. Stir until the sugar is dissolved. Put the thermometer in (see warning on page vii) and cook until it registers 253 degrees. Pour into an oiled cake tin and cool as quickly as possible. When cold and firm enough to handle, pull over candy hook until it is light and fluffy. . . . *Do not grease the hands*—if the candy is cooked to the proper degree and cooled enough, it will not stick.

Lay in greased pan, stretch out, and cut with shears into large or small pieces, as desired. These pieces may be wrapped in waxed paper or, if they are to be eaten at once, placed on buttered plates. (See illustrations facing page 10.)

### *Nut Taffy:*

1 lb. (2 cups) granulated sugar  
 $\frac{1}{2}$  lb. (1 cup) light brown sugar  
2 lbs. ( $1\frac{1}{2}$  cups) Karo Syrup  
1 pt. (2 cups) Barbadoes molasses, if procurable; if not, use New Orleans  
 $\frac{1}{2}$  pt. (1 cup) water



Pulling Candy over a Candy Hook

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## Simple Sweets for Children

A large kettle should be used, as this candy will boil up very high.

Put on the fire and stir occasionally until the peanuts are added; then stir constantly to avoid burning, and cook the entire batch to 253 degrees.

Just before taking from the stove add:

$\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter  
 $\frac{1}{2}$  teaspoonful of salt  
Soda the size of a pea  
2 cups roasted crushed peanuts

Pour into cold, oiled cake tins. Cool as quickly as possible, and as soon as firm and cold pull over the candy hook until it is a bright yellow color and full of air. Stretch out and cut into pieces on an oiled platter or wrap in waxed paper.

### *Old-fashioned Vinegar Taffy:*

$1\frac{1}{2}$  lbs. (3 cups) granulated sugar  
 $\frac{1}{4}$  lb. ( $\frac{5}{8}$  cup) Karo Syrup  
1 cup water  
2 tablespoonfuls of vinegar

Cook to 252° in winter; in summer to 254°.

Pour into cold, oiled cake tins and put where it will cool as quickly as possible. When cold and firm enough to handle, pull over hook. Cut into pieces and put on buttered plates or wrap in paraffin paper.



## Simple Sweets for Children

### *Bran Taffy:*

It is not necessary to butter the hands when pulling taffy.

This is a very palatable way to take bran, nowadays so often recommended by physicians as a part of the daily diet.

Use a *large kettle*, as this candy will boil up very high.

1 lb. (2 cups) granulated sugar  
½ lb. (1 cup) brown sugar  
2 lbs. (1½ cups) Karo Syrup  
1 pt. (2 cups) Barbadoes or New Orleans molasses  
½ pt. (1 cup) water

Stir constantly.

When nearly done—just before the thermometer registers 254°—add:

¼ lb. (½ cup) butter  
½ teaspoonful of salt  
Soda the size of a pea

Cook to 254°; remove from the fire, and mix in thoroughly two cups of bran.

Pour into oiled cake tins to cool. When firm and cold, pull over candy hook until it is a bright yellow color. (A photograph of pulling candy is shown opposite page 6. Gloves are necessary only in pulling hard candy.)

Cut with shears onto oiled plates, or wrap in waxed paper.

### *Pistachio Taffy:*

2 lbs. (4 cups) granulated sugar  
1 lb. (¾ cup) Karo Syrup  
1 cup water

Cook to 254°. Add ¼ lb. (1 cup)

## Simple Sweets for Children

blanched, chopped pistachio nuts. Flavor with pistachio.

Pour into cold, oiled tins, and when cold and firm enough to handle pull on a candy hook until light and fluffy.

Cut with shears in small pieces onto oiled plates or wrap in waxed paper.

### *Walnut Taffy:*

2 lbs. (4 cups) granulated sugar  
1 lb. ( $\frac{3}{4}$  cup) Karo Syrup  
1 cup water

Cook to 252° in winter; 254° in summer. Add  $\frac{1}{4}$  lb. (1 cup) fresh, broken walnut meats. Flavor with vanilla.

Pour in cold, oiled cake tins and cool quickly. When cold enough to handle, pull on a candy hook until light and fluffy.

Cut in small pieces onto buttered plates or wrap in waxed paper. (See illustrations facing page 6.)

### *Peppermint*

#### *Molasses Taffy:*

Into a kettle (preferably aluminum) three or four times larger than ingredients would seem to require, put:

1 lb. (2 cups) granulated sugar  
 $\frac{1}{2}$  lb. (1 cup) light brown sugar  
2 lbs. ( $1\frac{1}{2}$  cups) Karo Syrup  
1 pt. (2 cups) Barbadoes or New Orleans molasses  
 $\frac{1}{2}$  pt. (1 cup) water  
The candy thermometer

## Simple Sweets for Children

Stir briskly when nearly done, to prevent burning.

Cook until the thermometer registers 254 degrees. Remove from the fire and add:

$\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter  
 $\frac{1}{2}$  teaspoonful salt  
Soda the size of a pea

Pour onto a cold, oiled marble slab or cake pan, and cool as quickly as possible. When firm and cold, pull over a candy hook. While pulling add 1 teaspoonful of oil of peppermint, pouring it carefully over the taffy as it is being stretched over the hook. Pull until it is well mixed in and candy is of a bright yellow color, fluffy and full of air.

Stretch out and cut into pieces on oiled plates. Wrap in heavily waxed paper if it is not to be used at once.

### *Vanilla Hard Taffy:*

2 lbs. (4 cups) granulated sugar  
1 lb. ( $\frac{3}{4}$  cup) Karo Syrup  
1 cup water

Cook in a very large kettle, to 270°. Pour into cold, oiled cake tins, and cool quickly. When cold enough to handle, pull on a candy hook, flavoring slowly while pulling with 1 teaspoonful of vanilla extract.

When white and fluffy remove from the hook and place on an oiled platter.



Cutting Pulled Taffy



Cutting After-dinner Mints into Starch and Sugar Mixture

10 20 30 40 50 60 70 80 90 100  
110 120 130 140 150 160 170 180 190 200

## Simple Sweets for Children

When cold and hard, crack up in small pieces.

### *Chocolate Hard Taffy:*

2 lbs. (4 cups) granulated sugar  
1 lb. ( $\frac{3}{4}$  cup) Karo Syrup  
1 cup water  
 $\frac{1}{4}$  lb. unsweetened chocolate

Cook to 263 degrees. Pour into cold, oiled cake tins, and cool quickly. When cold enough to handle, pull on a hook until fluffy. While pulling, add two teaspoonfuls of vanilla. Remove from the hook and place on an oiled platter.

### *After Dinner Mints:*

When hard, break into small pieces. Sift into two or three cake tins  $\frac{1}{2}$  lb. each of powdered sugar and corn-starch well mixed, so as to be ready to receive cut candies as indicated below. Cook:

3 lbs. (6 cups) granulated sugar  
 $\frac{1}{2}$  teaspoonful of cream tartar  
1 pt. (2 cups) water

Stir until the sugar is dissolved. Then remove the spoon and put the thermometer into the batch. With a damp piece of cheese-cloth wrapped round a fork, remove any grains which may form on the side of the kettle.

When the thermometer registers 260°, pour, with as little agitation as possible, into a cold, oiled cake tin or onto a marble slab.



## Simple Sweets for Children

### *After Dinner*

#### *Mints:*

When the edges are cold, add 15 drops of pure oil of peppermint (use medicine dropper) and 3 drops of oil of lemon. Fold the edges over so that the flavoring is folded in; and when firm and cool enough to handle, stretch over a candy hook until white and fluffy.

Then stretch out and cut with scissors into even-sized pieces into the pans of mixed powdered sugar and cornstarch. Sift a little sugar and starch mixture over the top and put in a warm, dry place. (The plate warming oven is an excellent place.) Leave them there for half an hour.

Then pour into a sifting pan and shake all the sugar off; and pack away either in air-tight mason jars or in tin boxes.

These mints will be very much nicer if made a day or two before they are to be used, as they become more mellow and creamy; but they must be kept in an air-tight container. The sugar and starch mixture may be put away in a tight mason jar and used again and again, as long as it lasts.

(See illustrations of pulling and cutting, facing pages 6 and 10.)

### *Mellow Molasses*

#### *Drops:*

Prepare pans of sugar and starch mixture as in preceding recipe for After Dinner Mints.



## Simple Sweets for Children

### *Mellow Molasses Drops:*

Into a very large kettle put:

- 1 lb. (2 cups) granulated sugar
- $\frac{1}{2}$  lb. (1 cup) light brown sugar
- 2 lbs. ( $1\frac{1}{2}$  cups) Karo Syrup
- 1 pt. (2 cups) Barbadoes molasses, if procurable; if not, New Orleans
- $\frac{1}{2}$  pt. (1 cup) water

When the batch begins to cook thick, stir carefully until done.

Add just before taking from the stove:

- $\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter
- $\frac{1}{2}$  teaspoonful salt
- Soda the size of a pea

and cook the entire batch to 260 degrees.

Pour onto a cold, oiled slab or into an oiled pan set in cold water; and as soon as cold enough to handle, pull over the candy hook until it is a bright yellow color and full of air.

Stretch out and cut into small pieces with the shears into the pans of sugar and starch mixture previously prepared. Set in a warm, dry place for half to three-quarters of an hour. The plate-warming oven is an excellent place to put these candies.

Pour all into a sieve, and shake well to remove the sugar mixture. Pack away in air-tight mason jars or tin

## Simple Sweets for Children

boxes. They will become more creamy after having been packed away for a day or so.

The sugar and starch mixture may be used again and again, if kept in an air-tight container.

(See illustrations of pulling and cutting, facing pages 6 and 10.)

*Chocolate Mellows:* Sift into two or three cake tins  $\frac{1}{2}$  lb. of powdered sugar and cornstarch well mixed, to be ready to receive cut candies as indicated below.

Cook:

3 lbs. (6 cups) granulated sugar  
 $\frac{1}{2}$  teaspoonful of cream tartar  
1 pint (2 cups) of water  
 $\frac{1}{2}$  lb. bitter chocolate

Stir until the sugar is dissolved. Then remove the spoon and put the thermometer into the batch.

With a damp, clean piece of cheese-cloth wrapped round a fork, remove any grains which may form on the side of the kettle.

When the thermometer registers 258 degrees, pour with as little agitation as possible into a cold, oiled cake tin or onto a marble slab.

When firm and cool enough to handle, pull over a candy hook until fluffy.

Then stretch out and cut with scis-

## Simple Sweets for Children

*Chocolate Mellows:* sors, in even-sized pieces, into the pans of powdered sugar and cornstarch. Sift a little sugar and starch mixture over the top, and put in a warm, dry place (such as the oven for plate warming). Leave them there for half an hour.

Then pour into a sifting pan, so that all the sugar is shaken off; and pack away either in air-tight mason jars or in tin boxes.

These candies will be very much nicer if made a day or two before they are to be used, as they become more mellow and creamy; but they must be kept in an air-tight container.

(See illustrations of pulling and cutting, facing pages 6 and 10.)

### *Soft Butter Scotch:*

2½ lbs. (4 heaping cups) brown sugar  
1 pt. (2 cups) water  
½ teaspoonful cream of tartar  
A pinch of salt

Stir until the sugar is dissolved—no longer!

Cook to 256 degrees on the thermometer.

Add:

¼ lb. (½ cup) butter  
4 drops (use medicine dropper) oil of lemon,  
mixing it in lightly.

Pour into an oiled tin. When cool,

## Simple Sweets for Children

turn upside down on an oiled marble slab, or bread board, and cut into square or oblong pieces. Wrap in paraffin paper if it is not to be used immediately. (The illustration facing page 94, cutting caramels, will show how to cut this butter scotch.)

### *Rice Crackle:*

Warm in the oven, stirring constantly until it is thoroughly dry and crisp, the contents of two packages of puffed rice.

Cook:

1 lb. (2 cups) granulated sugar  
½ lb. (1 cup) brown sugar  
½ lb. (¾ cup) Karo Syrup  
½ pt. (1 cup) water

Stir only until the sugar is dissolved.

Cook to 240 degrees on the thermometer. Then add:

1 oz. butter (size of two walnuts)  
1 pinch of salt

and cook to 242 degrees.

Pour onto the warm puffed rice—prepared as above—and when well mixed turn into oiled cake tins, pressing out smooth with a rolling-pin to the thickness of the pan. When shaped, turn the pan upside down and remove the contents while still a little warm.

Cut into squares with a sharp knife.

## Simple Sweets for Children

*Peanut Patties:*      1 lb. (2 cups) granulated sugar  
                               $\frac{1}{2}$  lb. (1 cup) light brown sugar  
                              2 lbs. ( $1\frac{1}{2}$  cups) Karo Syrup  
                              1 pt. (2 cups) Barbadoes molasses, if procurable; if not, New Orleans  
                               $\frac{1}{2}$  pt. (1 cup) water

A large kettle should be used. When the batch begins to cook thick, stir constantly to prevent burning. Just before taking from the stove, add:

$\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter  
 $\frac{1}{2}$  teaspoonful of salt  
Soda the size of a pea

Cook the entire batch to 250 degrees. Just after removing from the fire add  $2\frac{3}{4}$  lbs. ( $5\frac{1}{2}$  cups) of *well roasted* and freshly blanched peanuts.

Pour into an oiled pan. When cold turn upside down and cut with a caramel knife into oblong pieces one-half inch wide and one and one-half inches long. Wrap in paraffin or tinfoil.

These patties are almost entirely solid nuts, there being just enough syrup to hold them together.

*Fig Walnuts:*

Carefully sort a few layer figs, wash and place them in a sieve over a pot of boiling water, cover tightly and let steam for five minutes.

Remove from the steamer, and when cool enough to handle put through a meat grinder. If too firm, moisten



## Simple Sweets for Children

### *Candied Orange Peel:*

with a little grape or orange juice.

Shape into balls, and place a freshly cracked walnut meat on top.

Roll in granulated sugar.

Cut fresh orange peel into fine strips with the scissors. Cover with cold water; let it boil up quickly; then drain. Add more *cold* water; boil up quickly and drain again. Cover with cold water for the third time and cook *very tender*. Drain and cover with a syrup made as follows:

For one and one-half pounds of peel use three pounds of sugar and one and one-half pints of water. Cook to 220 degrees.

Pour this syrup over the peel and let it stand for twelve hours, or over night. After it has stood for twelve hours, drain the syrup off and cook it to 224 degrees. Pour this syrup over the peel again and let it stand for twenty-four hours. Drain and roll each strip of orange peel separately in granulated sugar.

These strips may now be crystallized and made very brilliant by submitting them to a further process of crystallizing, as described on page 132. This, however, is not necessary unless a very brilliant appearance and keeping quality are desired.

## Simple Sweets for Children

Candied and crystallized orange peel should be kept in air-tight containers.

*Candied  
Grapefruit  
Peel:*

Proceed exactly as in making candied orange peel in the preceding recipe.

*Pop-Corn Balls:*

Pop three pounds of shelled pop-corn. Sort or sift out any kernels that have not fully popped and put in a mild oven to keep warm, while cooking the following:

1 lb. (2 cups) granulated sugar  
 $\frac{1}{2}$  lb. (1 cup) brown sugar  
1 pt. ( $\frac{3}{4}$  cup) Karo Syrup  
 $\frac{1}{2}$  pt. (1 cup) water

Stir until the sugar is dissolved. Put in the thermometer and cook to 240 degrees.

Add  $\frac{1}{2}$  oz. of butter (size of a walnut) and cook to 242 degrees.

Pour a small quantity of the syrup over the corn and mold what is moist into balls. Then add more syrup and mold a few more until all the corn is used.

Three pounds of popped corn and this amount of syrup should make about 40 large pop-corn balls.

*Fruit-Corn Balls:*

Use same recipe as for Pop-Corn Balls and add 1 lb. (2 cups) of washed and steamed sultana raisins to the syrup just before pouring over the pop-corn.





II

Candies for Christmas Sales, Bazaars, Etc.



## Candies for Christmas Sales, Bazaars, Etc.

This chapter is devoted mostly to what may be called "one process" candies—things that are easy to do and can be made complete in one operation. They are usually called "Home-made Candies"; and since they require very little skill in making, and are delicious, they are excellent things to make for bazaars, Christmas sales, and such.

Maple syrup can be used in making maple candies and is preferable to maple sugar when only dark maple sugar is available. In substituting maple syrup for maple sugar in any of the following recipes, use a pint of syrup to each pound of sugar and omit water (if water is included in ingredients).

### *Maple Puffs:*

2 lbs. (1½ cups) Karo Syrup  
2 lbs. (4 even cups) maple sugar  
1 cup water  
Pinch of salt

Cook to 260° by the thermometer (see p. xvii). Remove from the fire and let stand for three or four minutes; then pour slowly in the well-beaten whites of four eggs. When thick, stir in two cupfuls of walnut meats and drop, in spoonfuls, on heavily waxed paper. Work quickly so that all can be finished before the batch hardens.

Pack in air-tight tin boxes or cans.

Candies for Christmas Sales, Bazaars, Etc.

*Maple Sugar*

*Patties:*

1 lb. (2 cups) maple sugar  
 $\frac{1}{2}$  pt. (1 cup) water

Cook until the thermometer registers 238°. Remove from the fire and let stand for three minutes.

Beat as for fudge (but not as long). As soon as it begins to look a little grainy, start to pour in small patty or muffin pans. If it gets too hard before all is poured, warm up again, stirring as it melts until thin enough to continue pouring.

A pecan meat on top of each adds to its appearance.

*Maple Cream*

*Squares:*

$3\frac{1}{2}$  lbs. maple sugar  
1 qt. cream  
Pinch of salt

Cook rapidly to 238° by the thermometer.

Pour onto a cold, damp slab, and stir to a cream with a spatula. When perfectly smooth, press into a fudge pan and cut into squares.

*Maple Cocoanut  
Cream Patties:*

3 lbs. (6 cups) maple sugar  
2 cans Baker's cocoanut  
1 cup water

Drain milk from the cocoanut and add enough water to make one pint (two cups) of liquid. Mix with sugar. Put on fire and stir until sugar is dissolved—no longer.

Candies for Christmas Sales, Bazaars, Etc.

Cook to 238° by the thermometer, and add the drained cocoanut.

Cook to 240° by the thermometer. Pour onto marble slab and mix same as for maple fondant.

Melt in a double-boiler, mixing constantly until all is melted, and drop in spoonfuls on waxed paper, as illustrated opposite page 88.

*Pecan Patty Cakes:* 2½ lbs. maple sugar  
1 pt. water

Cook to 249°, add ¼ lb. butter and cook to 250°.

Add ½ lb. (two cups) pecan meats and spoon out into oiled muffin rings about three or four inches in diameter, placed on a cold well-oiled slab.

When the patties are cold, wrap each patty cake in paraffin paper.

*Turkish Delight:* 1 oz. sheet gelatine  
½ teaspoonful cream of tartar  
1 lb. granulated sugar  
1 cup water  
Juice and rind of one orange  
Juice of one lemon

Soak the gelatine in ½ cup water for several hours.

Boil the sugar in ½ cup water; when boiling add gelatine and boil twenty minutes.



Candies for Christmas Sales, Bazaars, Etc.

Remove from the fire, add flavoring, strain and pour into pans rinsed with cold water. When stiff, cut into squares. Roll in icing sugar and corn-flour mixed and pack in tin boxes.

*Sunny South  
Bars:*

$\frac{3}{4}$  pt. ( $1\frac{1}{2}$  cups) cream  
 $\frac{3}{4}$  lb. ( $\frac{3}{4}$  cup) Karo Syrup  
1 lb. (2 cups) granulated sugar

Stir until the sugar is dissolved. Cook to  $238^{\circ}$  by the thermometer; then add:

$\frac{1}{2}$  lb. (1 cup) ground seeded raisins  
 $\frac{1}{2}$  lb. ( $\frac{1}{2}$  cup) fondant (see recipe, page 42)  
 $\frac{1}{2}$  lb. ( $\frac{1}{2}$  cup) mince-meat  
 $\frac{1}{2}$  lb. (1 cup) blanched almonds

Mix well and pour into tin lined with rice paper.

When cold, turn out—upside down—on bread board and cut in bars or large square with sharp caramel knife.

*Cocoanut Surprise:*

Place two pounds of marshmallows in a sifting pan and shake free of their sugar. Expose them to the air for about two hours before cooking the syrup. This is to make them firm enough not to melt when dipped in the hot syrup. Then brown some dry shredded cocoanut by putting it in a pan in the oven and stirring very frequently, until it becomes a light brown color.

Candies for Christmas Sales, Bazaars, Etc.

Cook:

- 1 lb. (2 cups) white sugar
- $\frac{1}{2}$  lb. (1 cup) brown sugar
- $\frac{3}{4}$  lb. (1 cup) Karo Syrup
- 1 pt. (2 cups) water

until the thermometer registers 240°. Add  $\frac{1}{2}$  oz. (size of a walnut) butter and cook to 242°.

Remove from the fire, and when it stops bubbling, dip the marshmallows in—one at a time on a fork—coating them with this hot syrup; then roll them in the browned cocoanut.

This quantity of syrup will coat about two pounds of marshmallows.

*Hickory-Nut  
Surprise:*

The same recipe as for Cocoanut Surprise, using chopped hickory-nuts in place of cocoanut.

*Tutti-Frutti:*

- 1 lb. washed and steamed Sultana raisins
- 1 lb. washed and steamed figs
- 1 lb. fondant (recipe, page 42)
- $\frac{1}{4}$  lb. roasted filberts or freshly cracked walnut meats

Grind the raisins, figs, and fondant through a meat chopper, mixing them as you put them in—first a few raisins, then a little fondant, and then a few figs. Repeat until all are used. In this way they are well and easily mixed.

Chop the filberts very coarsely and mix into this mass.

Stretch out like taffy and roll in

## Candies for Christmas Sales, Bazaars, Etc.

granulated sugar. Cut into half-inch pieces with shears and place in crimped paper bon-bon cups.

If a more brilliant appearance is desired, these tutti-fruttis may be crystallized, as described on page 132.

*Stuffed  
(Marshmallow)  
Dates:*

Steam and stone a pound of dark Fard dates.

Cut large marshmallows in half; dip in a mixture of vanilla and water (one part vanilla to four parts water), and place one inside each date. Place on each marshmallow half a cherry, a walnut meat, a bit of ginger, or a green pistachio nut.

Wrap each stuffed date in waxed paper.

*Pistachio Dates:*

Steam and stone some dark Fard dates and stuff with bonbon fondant (recipe, page 43) or uncooked fondant flavored with vanilla.

Cut green pistachio nut meats in half, and press two or three into the fondant of each date, so the green shows.

Place each date in a paper bonbon cup.

*Scotch Kisses:*

Dust marshmallows free of sugar (see illustration facing page 65) and expose to the air for about two hours before cooking the syrup. This is to make them firm enough so that they will

## Candies for Christmas Sales, Bazaars, Etc.

not melt when dipped in hot syrup.

Then put:

$1\frac{1}{4}$  lbs. ( $2\frac{1}{2}$  cups) granulated sugar  
 $\frac{2}{3}$  lb. ( $\frac{1}{2}$  cup) brown sugar  
 $\frac{1}{2}$  lb. ( $\frac{1}{2}$  cup) Karo Syrup

into an aluminum kettle and cook to  $285^{\circ}$ .

Add three ounces (one-half cup) butter and cook to  $290^{\circ}$ .

Remove from fire and dip into this syrup, with a fork, the marshmallows that have been exposed to the air. Put onto an oiled slab or oiled tin.

Wrap in waxed paper if not to be used at once.

### *Molasses*

*Cocoanut*

*Squares:*

Cook:

$\frac{3}{4}$  pt. (1 heaping cup) corn syrup  
 $\frac{1}{4}$  pt. (1 cup) molasses  
 $\frac{3}{4}$  lb. ( $1\frac{1}{2}$  cups) granulated sugar  
 $\frac{1}{2}$  cup water

to  $254^{\circ}$  by the thermometer and add:

1 lb. cocoanut  
1 lb. fondant (vanilla flavor)

Pour on slab or bread board dusted with granulated sugar and roll with rolling pin to desired thickness. Mark in squares while still hot.

When cold dust with granulated sugar and cut into squares.

### *Scotch Cocoanuts:*

Scotch Cocoanuts are made in two batches. "A" batch should be made, cooled and cut before the "B" batch is

## Candies for Christmas Sales, Bazaars, Etc.

*Scotch Cocoanuts:* begun. "A" batch may be made the day before the Scotch Cocoanuts are to be finished, as it keeps perfectly—if not cut.

### "A" Batch

$\frac{1}{2}$  lb. (1 cup) granulated sugar  
 $1\frac{1}{4}$  lbs. ( $2\frac{1}{2}$  cups) Karo Syrup  
1 pt. (2 cups) water

Put on the fire and cook to  $234^{\circ}$ . Add  $\frac{3}{4}$  lb. (4 cups) of dried shredded cocconut. Cook for five minutes.

Take off the fire and stir into it  $\frac{1}{2}$  lb. of fondant (recipe, page 42).

Pour into an oiled pan and when cold turn on a wooden bread board and cut into squares. (See cutting caramels, opposite page 94.)

### "B" Batch

Cook:

$1\frac{1}{4}$  lbs. ( $2\frac{1}{2}$  cups) granulated sugar  
 $\frac{3}{8}$  lbs. ( $\frac{1}{2}$  cup) brown sugar  
 $\frac{1}{2}$  lb. (1 cup) Karo Syrup

in an aluminum saucepan to  $285^{\circ}$ .

Add 3 oz. ( $\frac{1}{2}$  cup) butter and cook to  $290^{\circ}$ .

Remove from the fire and dip cocconut squares into the hot butter scotch, using a fork (as in dipping glacé nuts, see top illustration facing page 126). Drop into a pan of powdered sugar and roll them about, so that they are entirely coated with the sugar.



## Candies for Christmas Sales, Bazaars, Etc.

Dip as fast as you can, so that you may finish before the butter scotch cools. It may be re-heated a little, but it is best to work quickly so that re-heating will not be necessary.

### *Patience:*

3 cups granulated sugar  
2 cups milk  
Butter the size of an egg  
Pinch of salt

Put one cup of the sugar in the saucepan, and place over the fire. Stir until all is dissolved and becomes brown; then add, slowly, one cup of the milk—warmed—and stir until dissolved.

Then add the balance of the ingredients and cook to 236° by the thermometer.

Begin beating the mixture as soon as it is taken off the fire, and beat until it begins to harden. It will take some long moments of beating, and is well named "Patience"!

Add  $\frac{1}{4}$  lb. (1 cup) chopped roasted almonds, and press into an oiled tin. Mark into squares.

### *Mexican Penuchi:*

1 lb. (2 cups) brown sugar  
 $\frac{1}{4}$  cup molasses  
 $\frac{3}{4}$  cup water

Cook to 240° by the thermometer. Let stand, off the fire, for five minutes; then beat, and add  $\frac{1}{2}$  lb. of Pecan meats.



## Candies for Christmas Sales, Bazaars, Etc.

As it begins to be sugary, spoon out onto a marble slab in tablespoonfuls. (See illustration of spooning out Coconut Patties, facing page 88.)

### *Raisin Fudge:*

2 lbs. (4 cups) brown sugar  
½ lb. (1 cup) granulated sugar  
1 pt. (2 cups) milk  
¼ lb. (½ cup) butter  
Pinch of salt

Cook to 240° by the thermometer; stirring constantly.

Let stand for five minutes, to cool, then beat until it becomes creamy.

Stir in ¼ lb. of steamed seeded raisins.

Pour into an oiled pan, dot the top with raisins and cut into squares when cold.

### *Divinity Fudge:*

2 lbs. (4 even cups) granulated sugar  
1¼ lbs. (1 cup) Karo Syrup  
1 cup water  
Pinch of salt  
1 tablespoonful vinegar

Cook to 260° by the thermometer.

Pour slowly into well-beaten whites of four eggs. Add two cups (½ lb.) of walnut meats. Flavor with a teaspoonful of vanilla.

When it begins to thicken, drop in spoonfuls on heavily waxed paper. Work quickly so that all can be finished before the mixture hardens. Pack in air-tight tin boxes or cans.

## Candies for Christmas Sales, Bazaars, Etc.

<i>Vanilla</i>	2 lbs. (4 cups) brown sugar
<i>Marshmallow</i>	$\frac{1}{2}$ lb. (1 cup) granulated sugar
<i>Fudge:</i>	1 pt. (2 cups) milk
	$\frac{1}{4}$ lb. ( $\frac{1}{2}$ cup) butter
	Pinch of salt

Stir constantly to avoid burning.

Cook to 240° by the thermometer.

Add one teaspoonful of vanilla. Beat until it begins to cream; then pour about half of it into an oiled pan and dot with marshmallows. Pour the balance on top, covering the marshmallows. This must be done quickly—before the second half of the fudge mixture becomes too hard to pour.

<i>Strawberry Fudge:</i>	1 lb. (2 cups) granulated sugar
	1 cup water
	Pin-head of cream of tartar

Stir until the sugar is dissolved—no longer.

Cook to 246° by the thermometer.

Pour onto a cold platter, on which have been put two tablespoonfuls of mashed strawberries and one teaspoonful of lemon juice.

Let stand ten minutes (in summer put platter on a bed of cracked ice and let stand seven minutes). Beat with a fork until firm and creamy.

Press into a pan (about  $\frac{3}{4}$  of an inch thick) and let stand about half an hour.

Mark into squares.

## Candies for Christmas Sales, Bazaars, Etc.

*Chocolate Fudge:*  $\frac{1}{2}$  lb. (1 cup) granulated sugar  
2 lbs. (4 cups) brown sugar  
1 pt. (2 cups) milk  
 $\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter  
 $\frac{1}{2}$  lb. grated unsweetened chocolate  
Pinch of salt

Stir continuously to avoid burning.

Cook to 238° by the thermometer.

Let stand for five minutes, then beat until it becomes creamy.

Pour into an oiled pan and mark into squares.

*Chocolâte  
Nut Fudge:*

Use recipe for Chocolate Fudge and add  $\frac{1}{4}$  lb. ( $\frac{3}{4}$  cup) freshly cracked, broken walnut meats or almonds.

*Brazil-Nut  
Fudge:*

$2\frac{1}{2}$  lbs. (5 cups) granulated sugar  
 $\frac{1}{2}$  lb. (1 cup) butter  
1 qt. (4 cups) milk

Stir continuously and cook to 238° by the thermometer.

Remove from the fire and let the syrup stand about ten minutes. Then beat, and when it begins to get creamy add  $\frac{1}{2}$  lb. (1 cup) chopped Brazil meats and pour into an oiled pan.

Mark into squares.

*Butter Fudge:*

2 lbs. (4 cups) brown sugar  
 $\frac{1}{2}$  lb. (1 cup) granulated sugar  
1 pt. (2 cups) milk  
 $\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter  
Pinch of salt

Candies for Christmas Sales, Bazaars, Etc.

Stir continuously and cook to 240° by the thermometer.

Let stand for five minutes, then beat until it becomes creamy.

Pour into an oiled pan, and mark into squares.

*Cocoanut  
Fudge:*

To two pounds (four cups) brown sugar, add milk drained from one can Baker's fresh cocoanut and cook until the thermometer registers 244°.

Add the well-drained cocoanut from above can and beat until creamy.

Pour into an oiled pan, and when cool cut into squares.

*Nut Fudge:*

2 lbs. (4 cups) brown sugar  
½ lb. (1 cup) granulated sugar <sup>1 1/4</sup>  
1 pt. (2 cups) milk <sup>1/2</sup>  
¼ lb. (½ cup) butter  
Pinch of salt

Stir constantly and cook to 243° by the thermometer.

Let stand for a moment or two, until the first extreme heat has passed off; then beat until it becomes creamy.

Add ¼ lb. (¾ cup) freshly cracked broken walnut meats.

Pour into an oiled pan and mark into squares.

*Molasses Squares:  
(Lemon)*

Into a kettle (preferably aluminum) three or four times larger than ingredients would seem to require, put:

## Candies for Christmas Sales, Bazaars, Etc.

*Molasses Squares:* 1 lb. (2 cups) granulated sugar  
(Lemon)  $\frac{1}{2}$  lb. (1 cup) light brown sugar  
2 lbs. ( $1\frac{1}{2}$  cups) Karo Syrup  
1 pt. (2 cups) Barbadoes molasses, if procurable; if not, New Orleans  
1 cup ( $\frac{1}{2}$  pt.) water  
The candy thermometer.

Stir when nearly done to prevent burning.

Cook until thermometer registers 260°. Remove from the fire and add:

$\frac{1}{4}$  lb. ( $\frac{1}{4}$  cup) butter  
 $\frac{1}{2}$  teaspoonful of salt  
Soda the size of a pea

Pour onto a cold, oiled marble slab or cake pan and cool as quickly as possible. When firm and cold, pull over a candy hook until the candy is of a bright yellow color, fluffy and full of air; then add one-half teaspoonful of oil of lemon.

Remove from hook and place on a slab or large pan until it flattens. If it does not flatten of itself to about one-half inch in thickness, roll it with a rolling pin. Then with the large caramel knife cut in four-inch squares and wrap in waxed paper.

This candy may be cut in long sticks if desired.

*Marshmallows:*

For molding marshmallows, one should have a stick of plaster-of-Paris molds (see illustration opposite page



## Candies for Christmas Sales, Bazaars, Etc.

### *Marshmallows:*

65 for molding in cornstarch) of whatever shape one desires the finished marshmallows to be; also a box cover or bottom that is  $1\frac{1}{2}$ " to  $1\frac{3}{4}$ " deep. This should be filled with sifted dry cornstarch and printed ready to receive the marshmallows before you begin your batch. (Full directions for printing cornstarch molds are given on page 63.)

2 lbs. (4 cups) granulated sugar  
1 lb. ( $1\frac{1}{2}$  cups) Karo Syrup  
1 pt. (2 cups) water  
2 oz. pulverized gelatine  
Whites of three eggs  
1 tablespoonful of cornstarch  
1 oz. of gum arabic.

Dissolve the gelatine in  $\frac{3}{4}$  pt. of hot water, and dissolve the gum arabic in  $\frac{1}{2}$  cup of hot water, putting it on the fire for a moment until the gum is thoroughly dissolved.

Cook the sugar, water, and Karo Syrup until the thermometer (see page xvii) registers  $240^{\circ}$ , stirring only until the sugar is dissolved.

Remove from the stove, add the gelatine water, and beat with an egg whip until very fluffy; then add slowly to the well-beaten whites of the eggs. When all is fluffy and light, add the cornstarch and the dissolved gum arabic, and flavor with twenty drops of orange flower



## Candies for Christmas Sales, Bazaars, Etc.

water or vanilla, as preferred. Mix well and spoon out in the cornstarch impressions, as illustrated.

As soon as these marshmallows are firm enough to handle (3 or 4 hours), pack away in tin boxes, sprinkling between the layers a little well sifted XXXX sugar.

These marshmallows will keep some time if put away in air-tight tins.

### *Grilled Nuts:*

1 lb. (2 cups) brown sugar

1 cup water

1 lb. (2 cups) filberts

Roast the filberts to a light brown in the oven. Do not allow the nuts to become too brown, as they brown considerably after being taken from the oven, and when cooled they might be overdone.

Put the sugar and water into a kettle; stir until the mixture commences to boil. Remove any grains that may form on the inner sides of the kettle, by rubbing the sides with a wet cheese-cloth, wrapped round a fork. Put in the thermometer and cook to 270°. Remove from the fire.

Pour into the syrup the hot roasted nuts, and stir until they sugar. If some of the nuts should stick together when sugaring, break them apart before serving.



Molding Marshmallows

TO THE  
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III  
Fondant



## Fondant

### *Fondant:*

Fondant, as the chance similarity of the words suggests, is the foundation of all cream candies.

It can be made in small quantities (one pound at a time) very easily, and with no equipment other than that which one ordinarily finds in the kitchen, plus a candy thermometer (see page xvii).

To make larger quantities—three to five pounds—at a time, one requires a marble slab to work the fondant on. One of suitable size can be purchased for about ten dollars. The top of an old-fashioned marble-topped table makes a very satisfactory slab to work on, if placed on a firm kitchen table that does not wobble.

Cooked fondant made in large quantities—unflavored—may be kept to be used as wanted. The flavor can be added as it is used, thus permitting a variety of flavors from one batch. Fondant for keeping should be put in an earthen crock, covered with a damp cheese-cloth and the crock cover.

Any of the following recipes can be made on platter or slab. It all depends on the quantity one wishes to make. Some recipes are given in slab quanti-



## Fondant

*Uncooked Fondant (for immediate use):*

*Platter Fondant:*

ties, some in platter quantities. They may be increased or diminished by reducing all ingredients one third or increasing all ingredients three times.

Sift well one pound (2 heaping cups) of XXXX sugar. (Use XXXX sugar—others called powdered, confectioners' or pulverized are *not* satisfactory.)

Beat well the whites of two eggs until stiff and add the sifted sugar—a little at a time, until all is mixed. Then add a few drops of any flavor desired, such as vanilla, peppermint, or pistachio, depending upon the purpose for which the fondant is to be used.

(Making about one pound)

Put into an aluminum saucepan:

1 lb. (2 cups) granulated sugar  
1 cup water  
Cream of tartar size of a pin-head

Set on a *hot* fire. Stir until the sugar is dissolved, no longer.

Put in thermometer and cook until it registers 238°.

Remove, with a wet cheese-cloth wrapped round a fork, any crystals that may form on the sides of the saucepan while the candy is cooking. (See the accompanying illustration.)

Pour onto a heavy, slightly damp-



Wiping away Grains from Boiling Candy



Beating Platter Fondant



When Firm Mold into a Ball

## Fondant

*Platter Fondant:* ened platter, and let it cool for fifteen minutes (in summer set on bed of cracked ice and let cool for ten minutes).

Flavor with a few drops of any desired flavor (vanilla, peppermint, or pistachio) and beat with fork until it becomes a firm cream. Mold all together in a ball and cover with a damp cheese-cloth for about ten minutes.

Each step in this process is illustrated in the accompanying photographs.

*Bonbon Fondant:* (In quantities from three to five pounds must be made on a slab.)

3 lbs. (6 cups) granulated sugar  
1 pt. (2 cups) water  
Cream of tartar the size of a pea

Stir until sugar is dissolved, no longer, and put in thermometer.

Wipe away any grains that may form on the inside of the kettle with a damp cheese-cloth wrapped round a fork, as illustrated.

Cook until the thermometer registers 238°.

Remove at once from the fire—without jarring—and let it stand quietly until it has ceased to bubble.

Sprinkle or spray the slab with a lit-

## Fondant

*Bonbon Fondant:*    tle water. Pour the syrup onto the slab in a thin stream, making a large outer circle, then an inner one, then fill in between these. This cools the fondant quickly, which is important in making it smooth.

Let it stand five or more minutes, until it is almost cold. Add flavor and color, unless it is to be used for several different things. In that case the flavor can be added as the fondant is used.

Now with the spatula scrape the outer edge into the center, as in illustration, and work the fondant constantly until it becomes a firm and creamy mass. Cover with a damp cheese-cloth for fifteen minutes.

It is now ready to use for bonbons, chocolate creams, cream peppermints or to store away for future use.

*Maple Fondant:*    3 lbs. (6 cups) maple sugar, crushed  
1 pt. (2 cups) water

Use a four-quart saucepan, as maple, like molasses candy, boils up very high,

Stir until the sugar is dissolved—*no longer.*

Wash down any grains that may form on the sides with a wet cheese-cloth wrapped round a fork.





Work Fondant constantly until it becomes Firm and Creamy



Fondant Sufficiently Beaten



70 VIII  
ANNO 110

## Fondant

*Maple Fondant:* Cook until the thermometer registers 241°. Take out the thermometer, and remove from fire.

Pour, with as little agitation as possible, onto a cold marble slab. Begin to stir as soon as all is poured, and handle as indicated in the preceding recipe for Bonbon Fondant.

This fondant will keep for some time, but not as well as plain bonbon fondant. Maple fondant, if kept too long, ferments.

*Coffee Fondant:* 3 lbs. (6 cups) Diamond A sugar  
1½ pt. (3 cups) water  
1 large tablespoonful Karo Syrup  
Cream of tartar about the size of a pin-head  
3 oz. of the best coffee, pulverized.

The coffee should be tied very loosely in a cheese-cloth bag, and cooked with the fondant.

Cook to 241° by the thermometer. Wash down the sides of the kettle with a piece of cheese-cloth wrapped round a fork, at any time that crystals form on the edge. Pour onto a cold slab.

Pour it in circles, that the syrup may cool as rapidly as possible. This helps to make the finished fondant smooth.

When the first heat has passed (about one minute) begin stirring with

## Fondant

*Coffee Fondant:* spatula and continue until the firm batch becomes a creamy mass.

Then scrape all together and cover with a damp cheese-cloth for about five minutes. It will then be found to have "softened down" and can be kneaded together and packed away in a covered crock. It will keep perfectly for some time, if a damp piece of cheese-cloth is kept on top.

The preceding photographs show clearly the different processes of fondant making.

*Butter Fondant:* 3 lbs. (6 full cups) granulated sugar  
¼ lb. (½ cup) butter  
1 tablespoonful Karo Syrup  
1 pt. (2 cups) water

Use a four-quart saucepan, as the syrup will boil up very high.

Stir until the sugar is dissolved—*no longer*. Carefully remove any grains that form on the sides of the kettle, with a clean wet cheese-cloth wrapped round a fork.

Cook to 242 degrees. Take out the thermometer, and remove from fire.

Pour, with as little agitation as possible, onto a cold marble slab. (See illustration.)

Pour it in circles, that the syrup may cool as rapidly as possible. This helps

## Fondant

*Butter Fondant:* to make the finished fondant smooth and creamy.

When the first heat has passed (about two minutes) begin stirring with spatula and continue until the firm batch becomes a creamy mass. (See illustration.) Then scrape all together and cover with a damp cheese-cloth for about five minutes.

This fondant should be molded into shapes and dipped in bitter chocolate the same day as made.

*Ginger Fondant:* 1 lb. (2 cups) sugar  
¼ lb. chopped ginger  
¾ cup water

Cook until the thermometer registers 238 degrees. Pour onto a chilled platter which has been dampened with three tablespoonfuls of water.

Chop some canton ginger and mix with enough fondant to hold it together. Flavor with lemon juice.

*Strawberry Fondant:* 1 lb. (2 cups) granulated sugar  
Cream of tartar size of a pin-head  
1 cup water  
2 tablespoonfuls of mashed strawberries  
1 teaspoonful of lemon juice

Cook until the thermometer registers 246 degrees.

Wipe away any grains that may form on the inside of the saucepan with a

## Fondant

### *Strawberry Fondant:*

damp cheese-cloth wrapped round a fork. (See illustration facing page 42.)

Pour onto a cold slab on which the mashed strawberries and lemon juice have been put, and let stand ten minutes. (In summer put platter on a bed of cracked ice and let stand seven minutes.) Beat with a fork until firm and creamy. Form in a ball, cover with damp cheese-cloth for five or ten minutes.

### *Orange Fondant:*

1 lb. (2 cups) granulated sugar  
1 cup water  
Cream of tartar size of a pin-head  
1 tablespoonful lemon juice

Cook to 246 degrees.

Wipe away any grains that may form on the inside of the saucepan with a damp cheese-cloth wrapped round a fork.

Wet a large, chilled, heavy platter with the juice and grated rind of one orange; pour the syrup onto this, and let stand ten minutes. (In hot weather set the platter on a bed of cracked ice and let it cool seven minutes.)

Beat with a fork until firm and creamy. Mold together and cover with a damp cheese-cloth for fifteen minutes. (See the illustrations for making fondant accompanying this chapter.)

## Fondant

*Lemon Fondant:* 1 lb. (2 cups) granulated sugar  
 $\frac{3}{4}$  cup water  
A pin-head of cream of tartar

Cook over a hot fire until the thermometer registers 244 degrees.

With a damp cheese-cloth wrapped round a fork wipe away any grains that may form on the inside of the saucepan.

Wet a large, chilled, heavy platter with the juice and grated rind of lemon. Pour the syrup onto the platter, as illustrated, and let stand ten minutes. (In hot weather set the platter on a bed of cracked ice and let it cool seven minutes.)

Beat with a fork until firm and creamy.

Mold together and cover with a damp cheese-cloth for fifteen minutes.

*Raspberry  
Fondant:* 1½ lbs. (3 cups) granulated sugar  
1 cup water  
A pinch of cream of tartar

Cook until the thermometer registers 250 degrees.

Add 1 cup of canned raspberries and cook to 240 degrees.

Pour onto a large dampened platter; add one tablespoonful of lemon juice; and beat with a fork until firm and creamy.

Roll together in a ball; cover with a



## Fondant

### *Pineapple Fondant:*

damp cheese-cloth, and let stand for about fifteen minutes to soften down.

1 lb. (2 cups) granulated sugar  
 $\frac{3}{4}$  cup water  
2 tablespoonfuls shredded fresh pineapple  
 $\frac{1}{2}$  teaspoonful lemon juice

Stir until the sugar is dissolved—*no longer*.

Wipe away any grains that may form on the inside of the saucepan, with a damp cheese-cloth wrapped round a fork (as illustrated opposite page 42).

Cook until the thermometer registers 246 degrees.

Wet a large, cold platter with the shredded fresh pineapple and lemon juice. Pour the syrup onto this platter, and let it cool for ten minutes. (In summer set the platter on a bed of cracked ice and let it cool for seven minutes.)

Beat with a fork until firm and creamy. (See the illustrations facing page 43.)

Roll all together in a ball and cover with a damp cheese-cloth for a few moments, to soften down.

Into an aluminum saucepan put:

### *Chocolate Fondant:*

1 lb. (2 cups) granulated sugar  
1 cup water  
Cream of tartar the size of a pin-head  
2 oz. melted chocolate.

## Fondant

### *Chocolate Fondant:*

Set on a *hot* fire and stir until the sugar is dissolved—no longer.

Put in the thermometer and cook until it registers 237 degrees.

With a wet cheese-cloth wrapped round a fork, remove any crystals that may form on the sides of the saucepan while the candy is cooking.

Pour onto a heavy, slightly dampened platter, and let it cool for fifteen minutes. In summer set the platter on a bed of cracked ice and let it cool for ten minutes.

Beat with a fork until it becomes a firm cream.

Mold all together into a ball, and cover with a damp cheese-cloth for about ten minutes.

### *Maple Cream Fondant:*

1½ lbs. (3½ cups) maple sugar  
1 pt. (2 cups) sweet cream  
A pinch of salt

Cook to 238 degrees, stirring constantly.

Remove it from the stove. Beat until it is very thick and creamy.

## Whipped-Cream Fondants

*Vanilla*

*Whipped-Cream  
Fondant:*

Put into an aluminum saucepan:

1 lb. (2 cups) granulated sugar  
 $\frac{1}{2}$  pt. (1 cup) water  
Cream of tartar size of a pin-head

Put over a hot fire and stir until the sugar is dissolved—*no longer*.

Wipe away any grains that may form on the inside of the saucepan while cooking, with a wet cheese-cloth wrapped round a fork. (Illustrated on page 42.)

Cook until the thermometer registers 242 degrees.

Pour onto a large chilled and dampened platter, and let stand for fifteen minutes. (In warm weather set the platter on a bed of cracked ice for seven minutes.)

Add  $\frac{1}{4}$  teaspoonful (10 drops) of vanilla and the well-beaten white of one egg. Beat with a fork until firm and creamy. Let it stand just a few minutes to harden, before shaping into balls to coat with chocolate.

*Sultana*

*Whipped-Cream  
Fondant:*

Use the same recipe as for Whipped-Cream Fondant. After the last process of beating it with a fork until firm and creamy, mix in one-half cup of washed and steamed Sultana raisins.

## Whipped-Cream Fondants

### Walnut

#### Whipped-Cream Fondant:

Use the same recipe as for Whipped-Cream Fondant, adding, after it has been beaten with a fork until firm and creamy, one-half cup of broken walnut meats.

### Cocoanut

#### Whipped-Cream Fondant:

3 lbs. (6 heaping cups) granulated sugar  
2 cans Baker's cocoanut  
1 teaspoonful cream tartar

Drain the milk from the cocoanut and add enough water to make one pint (2 cups) of liquid. Mix it with the sugar. Put it on the fire and stir until the sugar is dissolved, *no longer*.

While cooking, wipe away any sugar crystals that may form on the inside of the saucepan, with a clean, wet cheese-cloth wrapped round a fork and dipped in cold water.

Cook to 238 degrees, and add the drained cocoanut. Cook to 240 degrees.

Pour onto a marble slab. Let cool for ten minutes. Flavor with a little vanilla. Add the well-beaten whites of two eggs and mix. (See the process for mixing fondant under the recipe for Bonbon Fondant.)



IV  
Chocolates and Fruits





## Chocolates and Fruits

### *Coating*

#### *Chocolates:*

There are two or three questions that amateur candy makers seem always to ask me regarding covering candies with chocolate. So I shall put them here,—with their answers.

1. Q. "Why is it my chocolates turn white and spotted?"

A. "Because your coating was too hot when you dipped your candies."

2. Q. "How do you sweeten chocolate for coating?"

A. "It cannot be done at home. If you wish a sweet chocolate coating you must buy your coating chocolate ready sweetened."

3. Q. "When chocolate is too thick, what will thin it? I tried water but that only made it thicker until I added so much that the coating never did harden, but remained a paste even when cold."

A. For thinning chocolate coatings add melted cocoa butter to melted coating and mix well. But if you buy proper coating chocolate you will not find it necessary to thin."

The first and most important thing is to procure chocolate of the coating grade, and this I find is indeed a difficulty, for it is sold by the manufacturers only in wholesale quantities; and local confectioners who will consent to part

## Chocolates and Fruits

### *Coating*

#### *Chocolates:*

with a share of their supply are more often the exception than the rule. Accordingly, in order that this book may be as completely useful as I desire it shall be, I wish to state that, while naturally not seeking this extension of responsibility, if any readers find difficulty in obtaining coating chocolate, I shall as an accommodation be glad to furnish them with reasonable quantities at a fair market price.

I use chocolate coatings of various sorts for variety, as follows: Unsweetened chocolate for rich cream centers; vanilla sweet chocolate for caramels, nougat and some nut-meats; and milk chocolate for fruit centers.

Each of the coatings is especially prepared and ready for use when melted as directed. The secret of glossy, dark chocolates lies in never permitting your coating to become hot. It should be just melted;—no more. Very little heat is required to bring chocolate coating to a liquid state. And as it melts so easily, one must be exceedingly cautious not to overheat it.

Have near at hand all the centers you intend to coat ready for dipping. Use two or three pounds of chocolate to do even a very little dipping, because a

## Chocolates and Fruits

### *Coating Chocolates:*

small quantity will not stay fluid long enough when it is at the dipping temperature, to allow one to do much coating. Chocolate may be re-melted any number of times, provided it is never heated above 110°.

Grate two or three pounds of coating chocolate and put one-fourth of it and the thermometer in the upper part of a quart double-boiler. Fill the lower part with hot water and set the upper part into it (away from the fire) just long enough to start the chocolate melting. Mix, and when the bottom and sides begin to melt remove from the hot bath at once. Stir slowly. The chocolate that is melted will have warmth enough to melt all the rest, which can be added a little at a time until all is melted. It may be necessary to put the chocolate on the hot water once again in melting as much as three pounds, but in doing so do not leave it more than a *few seconds*. Mix constantly and watch the thermometer. When it registers down to 85°, the chocolate is ready to begin dipping.

At 85° chocolate coating is just before the hardening or "freezing" point. It is melted but not warm, and it is at this point the centers should be coated.

## Chocolates and Fruits

### *Coating Chocolates:*

They will harden in a moment and be dark and glossy.

The dipping should be done in a cool room, and the chocolate mixed well before dipping each piece. An ordinary fork or a two-pronged fish fork may be used for dipping centers into the chocolate and the candies should be placed on heavily waxed paper. Confectioners' dipping forks of various designs can be used to give different markings on the finished candies, but an ordinary fork makes a very pretty dip.

Drop the center into the chocolate, push it down with the fork until it is entirely submerged, and bring it out on the fork, shaking it against the edge of the double-boiler to remove the surplus chocolate. Wipe the bottom of the fork lightly on the edge of the pan and turn the dipped center upside down on the waxed paper, removing the fork slowly, so that it shows a pretty marking. If smooth chocolates with no marking are preferred, shove the chocolate drop off the fork with a hatpin or a meat skewer.

Should the chocolate become too thick before all the centers are coated, it can be remelted as before. Since,





Remove surplus Chocolate by wiping Bottom of Fork lightly on the Edge of the Pan



Remove Chocolates from Fork with a Hatpin. As you gain skill dip as below



Turn Fork up-side down to place Candies on Wax Paper and remove Fork slowly to secure a Pretty Marking on Top



70 vint  
ASSOCIATED

## Chocolates and Fruits

### *Coating Chocolates:*

however, it takes some time to cool the chocolate to 85°, it is best to melt plenty of coating in the first place and to work as quickly as possible when it is cooled. One cannot do good work dipping chocolates in a room that is warmer than 68°. It is wise to ascertain the temperature of the room you are working in before starting to dip. Thus, in very warm weather one cannot dip, except in the cool early morning, or in a refrigerated room.

### *Cream Centers for Chocolates:*

Cream centers for chocolates may be molded in two ways: Rolled into shape by hand or molded in cornstarch.

### *Hand-Rolled Centers:*

Cream centers for chocolates may be made by shaping right from the fondant as made; balls, oblong pieces, and even horse-shoe shapes can be made in this way. Also squares, oblongs, and diamond shapes can be cut with a knife from fondant that has been rolled to a proper thickness with the rolling-pin. Peppermint shapes can be made by hand, making first a ball and then gently patting it down flat.

Any fondants, such as raspberry, pineapple, maple, cocoanut, whipped cream, butter cream, chocolate, orange, lemon, ginger, and strawberry, may be

## Chocolates and Fruits

### *Cream Centers Molded in Cornstarch:*

used for hand-rolled centers. In this way one has a large variety of cream center chocolates. Recipes for all of these are given in Chapter III, "Fondant."

Centers molded in cornstarch keep soft longer than hand-rolled ones, are easier to coat with chocolate, and can be made in a great variety of shapes and sizes. The same fondants are used as for hand-rolled cream centers.

For molding in cornstarch the professional has quite a large equipment; but it can be done easily at home with no more than the following:

- I. Set of plaster of Paris molds on a stick.  
(Costs 60c for a stick of twelve molds from any confectioners' supply house.)
- II. Funnel dropper and stick.  
(Complete costs from 50c to 75c from any confectioners' supply house.)
- III. A coarse and a fine sieve, and a soft, flat paint brush.
- IV. Heavy cardboard box-covers, about one to one and one-half inches deep and as long one way as the stick of molds.
- V. A smooth ruler, a little wider than

## Chocolates and Fruits

*Cream Centers  
Molded in  
Cornstarch:*

the covers you are to use as containers.

VI. Several boxes of *dry* cornstarch. (Dry in a warm place for several hours each time before using.)

Sift into each box-cover enough dry cornstarch to fill it. Level the cornstarch off smoothly with the ruler (see illustrations facing page 64). Then with mold stick make impressions in the cornstarch, lifting the mold stick carefully, so as to keep each impression clean-cut and smooth.

By having several mold sticks, each with a different shaped mold, you can make any number of shapes and sizes. In the illustration facing page 65, various shapes are shown, together with three different designs on mold sticks. The photograph also shows the wooden starch trays that are used professionally. They are quite bulky and expensive, however, and for home use the inverted box-tops will do just as well.

When all the impressions are made ready, melt in a double-boiler the fondant you wish to use. If it is not flavored, add flavor and color now, using only a delicate amount. Mix constantly with the iron rod of the funnel while melting. It is much easier to

## Chocolates and Fruits

*Cream Centers*  
*Molded in*  
*Cornstarch:*

mix melting fondant with this rod than with a spoon.

When all is melted, pour it into the funnel (which should be warmed), having first stopped the hole with the funnel rod. Take the funnel of melted cream to the starch impressions and raise the rod just long enough to fill a mold, as illustrated.

If the cream hardens, it can be melted a little by holding the funnel and all right over the fire—close to the flame—and mix by keeping the stick in the hole and at the same time moving it around the sides and in the middle.

Fondant can be thinned a little with simple syrup while melting. A recipe for this is found on page 82. But care must be taken not to add too much, else the creams will never harden.

The melted fondant should be *quite hot* when poured into the funnel, so that it will run into the molds readily. It will take a little practice to handle the funnel skillfully, but it is not a difficult thing for a steady hand to do.

The creams will harden in two or three hours and be ready for dipping. If starch sticks in lumps to the centers it is because the starch was not sufficiently dried. Pick them out of the starch into a coarse sieve, and brush





Sifting Cornstarch



Leveling off the Cornstarch





Making the Impression in the Cornstarch with the Molding Stick



Filling the Molds with Melted Cream



Removing Starch from hardened Creams by Brushing

## Chocolates and Fruits

*Cream Centers  
Molded in  
Cornstarch:*

lightly over them until all the starch is removed, as illustrated opposite.

The cornstarch may be used again and again, if put into air-tight jars and kept dry.

Any of the fondants given in the chapter on fondant may be used for molding in cornstarch. In this way one has a large variety of cream center chocolates.

### OTHER CHOCOLATE CENTERS

*Maraschino Cherry  
Chocolates:*

The cherries commonly called "Maraschinos" are not flavored with Maraschino at all, but they make a pleasant liquid cherry chocolate when used as follows:

Drain the cherries into a sieve and dip each cherry in melted bonbon fondant. (See directions for melting bonbon fondant, pages 81 and 82.)

When these are cold and firm, melt a little sweet chocolate in the same manner as for coating chocolates, and with a knife put a little on the bottom of each dipped cherry. Place on waxed paper until the chocolate hardens; then coat the entire cherry, being careful to coat it evenly and quite thickly. This makes a double bottom, which is necessary to keep this kind of candy from

## Chocolates and Fruits

leaking. They should be made a few days before they are to be used and in this time the fondant will, from the moisture of the cherry, become liquid. When this takes place, unless the cherry is coated with an extra, even and thick bottom, it will leak.

### *Mint Cherries:*

Mint cherries are done in the same way as Maraschino cherries, except that the green mint cherries are used and the fondant in which they are dipped should be flavored quite strongly with peppermint.

### *Cocoa Balls:*

$\frac{1}{2}$  lb. (1 cup) butter  
6 oz. cocoa  
 $1\frac{1}{2}$  lbs. (2 level cups) XXXX sugar

Cream the butter thoroughly; add the XXXX sugar slowly; then the cocoa.

Form into balls; coat with sweet chocolate; and roll in cocoa.

### *Pistachio*

#### *Chocolates:*

Flavor fondant with pistachio, and mix in one-fourth cup (1 oz.) blanched pistachio nuts.

Roll by hand into balls; coat with sweet chocolate; and sprinkle the top of each candy with chopped pistachio nuts as soon as it is coated.

### *Chocolate Coffee Beans:*

In France they are very fond of these little Coffee Chocolates after dinner.

Choose mild coffee beans that have

## Chocolates and Fruits

### *Ginger*

*Chocolates:*  
*(Plain)*

been freshly roasted, and coat each bean thickly with sweet chocolate.

Cut Canton Ginger into long, narrow strips, and coat with sweet or milk chocolate.

### *Chocolate-Covered Figs:*

Wash and steam figs thoroughly. Cut in pleasing sizes with shears, and when cold coat with sweet chocolate.

### *Sultana*

*Chocolates:*

Wash and steam a cupful of Sultana raisins. Mix into sweet chocolate melted to "freezing"—80 degrees—and dip out in spoonfuls onto waxed paper.

Use about equal quantities of raisins and of chocolate. Milk chocolate is very nice for this variety.

### *Chocolate Orange or Grapefruit Peel:*

Use recipe for orange peel on page 18, and coat with sweet chocolate.

### *Chocolate Tutti Frutti:*

1 lb. washed and steamed Sultana raisins  
1 lb. washed and steamed figs  
1 lb. fondant  
 $\frac{1}{4}$  lb. roasted filberts, chopped coarsely

Grind the raisins, figs and fondant through a meat chopper, mixing them as you put them in—first a few raisins, then a little fondant and then a few figs. Repeat this operation until all are used. In this way they are well and easily mixed.

Moisten with two or three tablespoonfuls of grape or orange juice.



## Chocolates and Fruits

- Roll by hand into balls and coat with sweet chocolate.
- Chocolate-Covered Dates:* Stone the dates and steam them in a steamer for about five minutes. Remove, and when cool enough to handle close each date firmly. The center may be filled with a quarter of an English walnut or a bit of ginger. Coat when cold with sweet or milk chocolate.
- Chocolate-Covered Molasses Candy:* Use the recipe for Molasses Candy on page 5. Cut in tiny pieces, and when thoroughly cold coat with sweet chocolate.
- Chocolate Turkish Delight:* Use the recipe for Turkish Delight on page 25, and coat with sweet chocolate, before rolling in sugar.
- Chocolate After Dinner Mints:* Use the recipe for After Dinner Mints on page 11, and coat with sweet chocolate.
- Guava Chocolates:* Guava Jelly cut in pieces and coated with sweet milk chocolate is perfectly delicious.
- Fruit Cake Chocolates:* Cut rich fruit cake in square pieces and coat with sweet chocolate.
- Butter Scotch Chocolates: (Soft)*
- 2½ lbs. (4 heaping cups) brown sugar  
1 pt. (2 cups) water  
½ teaspoonful of cream of tartar  
Pinch of salt
- Cook until the thermometer registers 256°.

## Chocolates and Fruits

Add:

$\frac{1}{4}$  lb. ( $\frac{1}{2}$  cup) butter  
4 drops (use medicine dropper) oil of lemon

Pour into an oiled tin. When cool, turn tin upside down on an oiled slab, or bread board, remove tin and cut candy into oblong pieces. Dip in sweet chocolate.

### *Raisin and Nut Chocolates:*

Wash, steam and chop one package seeded raisins. Add one-third pound of shelled almonds. Chop and mold into balls. (If the mixture is too firm, thin with a little water.) Coat with chocolate.

### *Spanish Creams:*

Roast and chop Spanish peanuts and mix with melted chocolate prepared for dipping as directed on page 59. Dip small vanilla creams (either hand-rolled or cornstarch molded) in this chocolate mixture. The centers should be small, as the coating will be quite thick.

### *Spanish Chocolates:*

Roast and chop Spanish peanuts and mix with melted chocolate prepared for dipping as directed on page 59. Cool and dip into this,  $\frac{1}{4}$  of a marshmallow (cut with shears). The centers for these should be small, as the coating will be quite thick.

### *Belmonts:*

Sift marshmallows free of their sugar, and cut in half with shears.



## Chocolates and Fruits

### *Peanut Patty Chocolates:*

Place a freshly cracked walnut half on each piece and coat with chocolate.

Use recipe for Peanut Patties (page 17).

Cut in slim oblong pieces and coat with sweet chocolate.

### *Hazelnut Paste Chocolates:*

Grind one pound (2 cups) of roasted, blanched hazelnuts, using finest macerator on meat grinding machine. Put through grinder three or four times until the nuts are very finely mashed.

Cook:

1 lb. (2 cups) granulated sugar  
1 cup water

to 240 degrees on the thermometer.

Remove from the stove and add the ground hazelnuts and  $\frac{1}{2}$  cup of caramel flavor made as follows: Put 1 cup of granulated sugar in a saucepan over the fire and stir until it melts and browns and burns just a little. Add slowly 2 cups of water and let boil until the caramel is all dissolved. Beat until thick and creamed and turn out on a marble dusted with powdered sugar.

When cold mold into balls and coat with sweet chocolate.

### *Apricot Jelly Chocolates:*

2 large greening apples  
1 lb. dried apricots  
2 $\frac{1}{2}$  lbs. (5 cups) granulated sugar

Wash apricots in clear, cold water

## Chocolates and Fruits

### *Apricot Jelly Chocolates:*

two or three times, then put them in a crock or marbled dish and cover with  $1\frac{1}{2}$  qts. of hot water. Let these stand for twelve hours; then put them on the fire and cook to a pulp; and then strain through a sieve.

Wash and quarter the greenings and cook to a pulp in a scant pint of water. This also should be put through a sieve, then added to the apricot pulp. Put on a stove and cook one-half hour; then add the sugar and cook for twenty minutes. Take from the fire and pour into a candy funnel and drop on an oiled slab.

If you desire thicker pralines they may be dropped into starch molds. When these have stood for twelve hours they will be firm enough to handle. Coat with sweet or milk chocolate.

(See the photographs showing funnel dropping and molding in cornstarch, facing page 65.)

### *Chocolate Cocoanut Royals:*

1 can Baker's fresh grated cocoanut  
1 lb. (2 cups) granulated sugar  
2 lbs. (2 cups) Karo Syrup

Cook until thermometer registers 260 degrees, stirring constantly. Add  $\frac{1}{4}$  lb. fondant (see Chap. III) and mix well.

Roll flat with a rolling-pin and cut

## Chocolates and Fruits

### *Almond Fruit Paste Chocolates:*

into diamond shapes. Coat with sweet chocolate.

Grind one pound (2 cups) of blanched almonds in the finest macerator in your kitchen meat chopper, running them through three or four times until they become quite fine. Then cook:

1 lb. (2 cups) granulated sugar  
1 cup water

to 238 degrees.

Remove from the fire and mix into it the pound (2 cups) pulverized blanched almonds.

Stir mixture until it becomes thick and creamy.

Mix in one cup of washed and steamed Sultana raisins. Turn out on a slab or bread board dusted with powdered sugar. When cool, roll to about half an inch in thickness and cut with a knife into diamond or oblong pieces.

Coat with sweet chocolate.

### *Marzipan Acorns:*

Pulverize one pound of blanched almonds by putting them through a meat chopper several times, using the finest macerator.

Cook:

1 lb. (2 cups) granulated sugar  
1 cup water

## Chocolates and Fruits

until the thermometer registers 238 degrees.

Pour this syrup onto the pulverized almonds. Beat until creamy, and knead when you can no longer stir it.

When all is well mixed and smooth, roll by hand into little oblong pieces, and dip one end of each piece into sweet chocolate prepared for coating, as described under the heading "Coating Chocolates."

### *Cream Almond Chocolates:*

Melt in a double-boiler a little pistachio fondant (see Chap. III), and tint a pale green. When all is melted, dip large almond meats into this melted fondant, and when cold coat with sweet chocolate.

### *Chocolate-Covered Almonds:*

Fry in deep olive oil or vegetable oil unblanched almonds until they are slightly brown. This will take only a very few moments. The fat should be very hot before putting the nuts in, and they should be fried in a basket, so that all can come out at once when they are done.

Spread them thinly on brown paper to absorb the grease; and when thoroughly cold, coat with sweet chocolate.

This makes a crisp, delicious chocolate-coated almond.

### *Chocolate-Covered Brazils:*

Brazil nuts should be carefully sorted and if any are discolored they should be



## Chocolates and Fruits

discarded, as the discolored ones are apt to be rancid. Pare off any of the shell which has adhered after cracking, and dip them in sweet chocolate. (Full directions for dipping chocolates are given on page 59.)

*Chocolate-Covered  
Hazelnuts:*

Hazelnuts are sometimes called filberts and are very easily cracked—and very delicious. If the filberts are very small it is well to mix them in the sweet chocolate which has been prepared as for coating, and spoon out two or three at a time on waxed paper. (See illustration.)

*Chocolate-Covered  
Walnuts:*

Crack English walnuts carefully, so that the meats will come out in unbroken halves, and coat with sweet chocolate. (Directions for coating chocolates are given in this chapter.)

*Chocolate-Covered  
Pecans:*

Coat large pecan meats with sweet chocolate, as prepared for dipping chocolates. (Directions for dipping are given in this chapter.)

*Chocolate-Covered  
Caramels:*

Use the Chocolate or Butter recipe (pages 93 and 94).

Cut into small squares and coat with sweet chocolate.

*Chocolate-Covered  
Nougat:*

Use the Nougat Recipe given in Chapter VI. Cut into small oblongs, and coat with sweet chocolate.

*Fudge Chocolates:*

Cut chocolate or plain butter fudge (recipes given in Chapter II) into small



Making Hickory or Hazelnut Nibs



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## Chocolates and Fruits

### *Bitter Sweets:*

squares, and coat with sweet chocolate. Shape whipped-cream fondant into large balls or oblongs and coat with bitter chocolate.

Recipes for whipped-cream fondant, plain, walnut, cocoanut and Sultana will be found in Chapter III.

### *Chocolate*

#### *Molasses*

#### *Cocoanuts:*

$\frac{1}{4}$  pt. (  $\frac{1}{2}$  cup ) molasses,  
 $\frac{3}{4}$  lb. (  $1\frac{1}{2}$  cups ) granulated sugar  
 $\frac{3}{4}$  lb. ( 1 cup ) Karo Syrup  
 $\frac{1}{2}$  cup water

Cook to  $254^{\circ}$ , by the thermometer, stirring constantly. Add one pound of dry shredded cocoanut and one pound of fondant (vanilla flavor).

Pour onto a cold, oiled slab and roll with rolling-pin to desired thickness. Mark in squares while still hot. When cold cut and coat with sweet chocolate.

### *Chocolate Nuted*

#### *Prunes:*

Wash and steam large dried prunes. Stuff with English walnut halves and coat with sweet chocolate.

### *Hickory-Nut*

#### *Nibs:*

Mix hickory meats that have been well sorted to remove all pieces of shell, into sweet chocolate that has been prepared for dipping as directed in the early part of this chapter.

Spoon out in small spoonfuls on waxed paper, as illustrated.

Use equal quantities of nuts and chocolate.

## Chocolates and Fruits

*Cocoanut Nibs:* Brown in the oven (stirring every moment or two, as it browns very rapidly) a package of dry shredded cocoanut. Mix with melted chocolate prepared for dipping as directed on page 59. Drop on waxed paper with a teaspoon.

*Butter Creams:* Use the recipe for Butter Cream Fondant on page 46.

Shape by hand into large balls and coat with bitter chocolate, prepared as described on page 59 for coating.

*Peanut Nibs:* Mix a few freshly salted peanuts when cold into the same quantity of sweet chocolate cooled to 80° and drop onto waxed paper in small round spoonfuls, as illustrated.

Recipe for salting peanuts will be found on page 132.

*Acorns:* Blanch large almonds the day before you are going to dip them. Let them dry thoroughly by leaving them in a dry, warm place over night.

Fry them in hot deep fat, as for salting nuts, and when they are light brown, lift the basket from the fat and pour them out onto brown paper to absorb the oil.

When the nuts are thoroughly cold, dip one end in melted sweet chocolate as prepared for coating chocolates, and dust with cocoa.

## Chocolates and Fruits

### *Crisp Cocoanut Chocolates:*

2 lbs. (4 cups) sugar  
 $\frac{1}{2}$  pt. (1 cup) water  
Scant  $\frac{1}{4}$  teaspoonful of cream tartar

Cook quickly over a very hot fire to 340 degrees by the thermometer.

Then add:

$\frac{1}{2}$  lb. (3 cups) dry shredded cocoanut  
 $\frac{1}{4}$  lb. butter  
 $\frac{1}{4}$  teaspoonful of soda  
 $\frac{1}{4}$  teaspoonful of salt

Mix rapidly and pour onto a cold, well oiled slab, and mark quickly into squares.

When cold, break apart and coat with sweet chocolate.

### *Mocha*

#### *Chocolates:*

Cream  $\frac{1}{4}$  lb. butter (unsalted preferred) with  $\frac{3}{4}$  lb. XXXX sugar. Add  $\frac{1}{2}$  cup cocoa and two tablespoonfuls of cold coffee. Then mix with more XXXX sugar until stiff enough to handle.

Roll in balls and coat with sweet chocolate.

### *Hazelnut Nibs:*

Mix a few freshly roasted, but cold, chopped hazelnuts into sweet chocolate cooled to "freezing" or 80 degrees. With a spoon drop onto waxed paper, as illustrated.

Use about equal quantities of nuts and chocolate.

## Chocolates and Fruits

*Chocolate*

Use Cocoanut Fudge recipe.

*Cocoanuts:*

Cut into oblong pieces and dip one end in sweet chocolate that has been prepared as for coating chocolates, leaving the other end showing. These make a pretty variety among chocolates that are entirely coated with chocolate—and a delicious one too.

V

Bonbons and Cream Candies





## Bonbons and Cream Candies

*Bonbons and Cream Candies:* Bonbons and cream candies are all made from fondant. (Recipe, page 43.) Most bonbons are a fruit or nut coated with melted bonbon fondant. It is the melted fondant coating that gives the glossy, smooth appearance to cream candies.

Fondant should be melted in a small double-boiler and must be mixed continually when melting. As the bottom and edges begin to soften they should be mixed into the harder middle, otherwise the melting cream will turn back into syrup.

Melted fondant may be thinned, if too thick, with a little simple syrup (see recipe on next page). A few drops will do a lot of thinning, so the syrup must be used with care. If fondant is thinned too much the candies will not harden.

In dipping bonbons, an ordinary fork, or a two-pronged fish fork, will do nicely. Bonbon forks, such as are used professionally, cost about thirty cents each and can be had with various shaped tips to make different fancy dips. Some skill is necessary, however, before one can get the desired results; and so for home-made candies I should not recommend them.

## Bonbons and Cream Candies

Bonbons are dipped onto heavily waxed paper, from which they can be readily removed when cold.

### *Simple Syrup:*

1 lb. (2 cups) granulated sugar  
½ pt. water  
Cream of tartar the size of a small pea

Cook to 220 degrees.

Cool and keep in a bottle for thinning fondant when making bonbons, wafers, or chocolate centers. This syrup is much better for thinning fondants than plain water, as plain water is apt to cause fermentation.

### *Walnut Bonbons:*

Melt a little vanilla fondant in a small double-boiler, mixing it continually until all is melted. Tint a bright rose color and make thin with a little simple syrup. (See recipe above for Simple Syrup.)

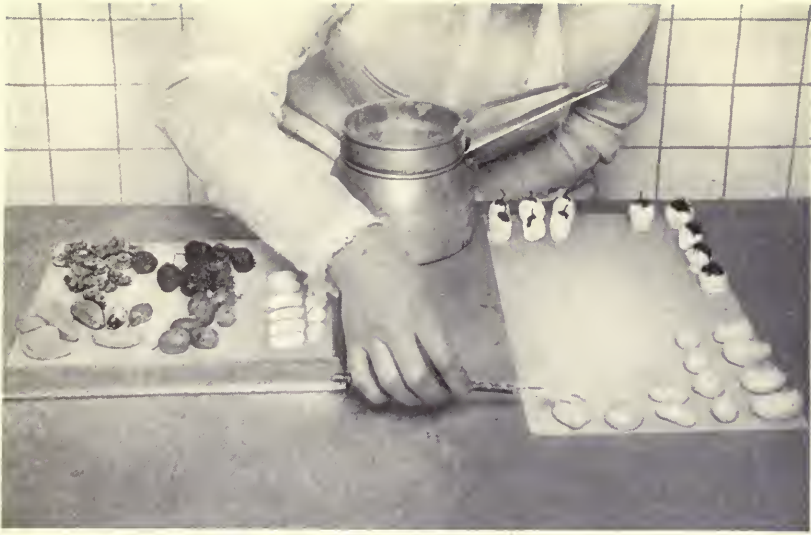
Dip freshly cracked walnut halves in this thin fondant, and drop on waxed paper.

Melt another pot of vanilla fondant, but *do not tint* nor thin. Redip the pink covered walnuts in this fondant. The first pink coat should be bright enough to show through the white.

These make very pretty and delicious bonbons.

### *Raisin Bonbons:*

Stone carefully and steam a half cup



Dipping Bonbons with a Professional Bonbon Fork



Dipping Strawberries by Hand

10 20 30 40 50  
60 70 80 90 100

## Bonbons and Cream Candies

of large layer raisins and cover with grape-juice for six or eight hours.

Melt about a pound and a half of fondant. Tint rose color (with beet juice or Burnett's color paste), flavor with a little grape-juice off the raisins, and dip each raisin separately. (See illustration for dipping bonbons.)

### *Pignolia (Pine Nut) Bonbons:*

Freshly salt by browning in hot olive oil and dusting with a little salt some pignolia nuts.

Cut apricot jelly in small pieces. (Recipe for pralines is given on page 70.)

Melt some fondant, stirring constantly, color a bright pink; flavor with vanilla and make quite thin with simple syrup.

Dip the halves of apricot pralines in the melted fondant and drop them into the salted pignolias, rolling them over until they are covered with these little nuts.

If one wishes, these bonbons may be crystallized. They are very pretty when so finished and will remain fresh for a much longer time.

(See illustration of crystallizing, facing page 132.)

### *Nutted Coffee Bonbons:*

Mold by hand tiny balls of coffee fondant and place two freshly cracked walnut halves on opposite sides of each piece.



## Bonbons and Cream Candies

These nutted coffee balls are very nice just as they are. If, however, one wishes to give them a more professional air, melt some more coffee fondant and dip these nutted balls in it.

(See recipe for Coffee Fondant.)

*Marshmallow  
Orange  
Bonbons:*

Sift free from their powder as many marshmallows as you wish to coat. If they are large ones, cut them in two.

Melt about a pound and a half of orange fondant. (See recipe for Orange Fondant.)

Dip each marshmallow separately.

*Mocha  
Bonbons:*

Cream together  $\frac{1}{4}$  lb. unsalted butter and  $\frac{3}{4}$  lb. (2 scant cups) of XXXX sugar,  $\frac{1}{4}$  cup of cocoa, and 2 tablespoonfuls of cold coffee. Mix with more XXXX sugar until stiff enough to handle, and roll into small balls.

Melt coffee fondant (see Chap. III) in a double-boiler, stirring constantly until all is melted. If too thick, thin with a little simple syrup and dip the mocha balls in melted coffee fondant and drop on waxed paper.

*Castilian  
Bonbons:*

Trim the dark skin from one and one-half pounds of freshly shelled Brazil-nut meats.

Melt about  $1\frac{1}{2}$  pounds of fondant; flavor with vanilla; and dip each nut meat separately into melted fondant and place on waxed paper.

## Bonbons and Cream Candies

(See recipe for Fondant, and directions for Melting Fondant.)

### *Maple Pecan Bonbons:*

Knead into some maple fondant (see Chap. III) as many freshly cracked pecan meats as it will hold together, and mold into small balls.

Melt about the same quantity of plain maple fondant and dip these centers, dropping on heavy waxed paper and placing a pecan half on top of each.

(See illustration of dipping bonbons, facing page 82.)

### *Almond Bonbons:*

Melt as much fondant as you desire to make into candies; flavor with  $\frac{1}{2}$  teaspoonful of pistachio flavor; and tint green with spinach juice or Burnett's green color paste. Dip *large* shelled almonds into this melted fondant, covering them quite thick. Place on heavily waxed paper.

### *Cream Walnuts:*

Knead a little vanilla fondant; mold into balls; and press between two freshly cracked walnut halves.

### *Cream Marshmallow Mints:*

Sift as many marshmallows as you wish to use, free from their powder. (This must be done thoroughly, or the melted fondant will not stick to them.)

Melt about a pound and a half of fondant; flavor with peppermint oil to taste (an added drop of lemon oil improves the flavor) and dip each marsh-

## Bonbons and Cream Candies

### *Hazelnut Paste Bonbons:*

mallow separately. (See illustration of dipping bonbons.)

Grind one pound (2 cups) of roasted blanched hazelnuts, using finest macerator on meat grinding machine. Put through three or four times until the nuts are very finely mashed.

Cook:

1 lb. (2 cups) granulated sugar  
1 cup water

to 240 degrees on the thermometer.

Remove from the stove and add the ground hazelnuts and  $\frac{1}{2}$  cup of simple syrup (see recipe on page 82). Beat until thick and creamy, and turn out on a pan dusted with powdered sugar.

When cold shape into balls.

Melt some coffee fondant in a double-boiler and dip the hazelnut balls in it, dropping on waxed paper.

### *Marron Bonbons:*

Drain and mash through a potato ricer some marrons bottled in syrup. (If you prefer to candy your own marrons it can be done. A recipe for this will be found under "Marrons Glacés" on page 136.)

Shape with a little powdered sugar into small balls.

Melt about a pound and a half of fondant; flavor with one-half teaspoonful of vanilla; and tint rose with a little

## Bonbons and Cream Candies

beet juice or Burnett's rose color paste. Dip the centers prepared as above into this rose-tinted fondant and drop on waxed paper. (Illustration of dipping bonbons will be found facing page 82.)

### *Vanilla Cocoanut Cream Patties:*

3 lbs. (6 cups) granulated sugar  
2 cans Baker's cocoanut  
1 cup water

Drain the milk from the cocoanut and add enough water to make one pint (2 cups) of liquid. Mix with the sugar; put on the fire and stir until the sugar is dissolved—no longer.

Cook to 236 degrees and add the drained cocoanut.

Cook to 238 degrees. Pour onto a marble slab and mix as for fondant. Mixing fondants is described and illustrated in Chapter III.

Melt the fondant in a double-boiler, mixing constantly until all is melted; and drop in spoonfuls on waxed paper, as illustrated.

### *Chocolate Cocoanut Cream Patties:*

3 lbs. (6 cups) granulated sugar  
2 cans Baker's cocoanut  
1 cup water

Drain milk from the cocoanut and add enough water to make one pint (2 cups) of liquid. Mix with the sugar. Put on the fire and stir until the sugar is dissolved, no longer.



## Bonbons and Cream Candies

*Chocolate*

*Cocoanut*

*Cream Patties:*

Cook to 236 degrees and add the drained cocoanut.

Cook to 238 degrees. Pour onto a marble slab and mix as for fondant. (For mixing fondant see pages 43 and 44.)

Melt the fondant in a double-boiler and add  $\frac{1}{4}$  lb. (2 tablespoonfuls) of bitter chocolate to each pound of cocoanut. Thin with three to four tablespoonfuls of simple syrup. Recipe for simple syrup on page 82.)

Drop spoonfuls on wax paper as illustrated.

*Cream*

*Peppermints:*

Melt as much fondant in a double-boiler as you desire to make up into candies; flavor quite strongly with peppermint, and add one or two drops of essence of lemon. When all is melted, pour it into a warm candy funnel, as illustrated, first putting the funnel rod in to stop the hole. (These candy funnels with rod can be had from any confectioners' supply house and cost about seventy-five cents for funnel and rod together.)

Run onto waxed paper just enough of the melted fondant to form a thin disc of any size you desire. This is done by lifting the rod until a little has run out, then dropping it. At first it may be difficult to make these wafers



Vanilla Cocoanut Cream Patties



Cream Peppermints





## Bonbons and Cream Candies

of an even size, but a little practice will make one quite skillful.

*Cream*

*Wintergreens:*

Make just as Cream Peppermints, but omit peppermint and lemon flavor. Add wintergreen instead, and tint a delicate rose color.

*Cream Mints:*

Make just as Cream Peppermints, but omit peppermint and lemon flavor. Add spearmint instead, and tint a delicate green.

*Cream Cinnamon*

*Wafers:*

Make just as Cream Peppermints, but omit peppermint and lemon flavor. Add cinnamon flavor, and tint red.



VI

Caramels and Nougat



## Caramels and Nougat

### *Caramels and Nougat:*

Caramels and Nougat are not the gayest to look upon, but to me they are the most delicious of candies. They are nourishing too, for good caramels cannot be made without plenty of rich cream—and nougat is made from eggs, honey, and nuts. Surely with such alluring “ingrediums” (as one dear old nigger mammy says) how can they fail to delight and satisfy!

To cut caramels and nougat neatly and easily is quite a trick; but I have taken several photographs to show just how we handle them and the kind of knife to use (it should be sharp), so I think it will be found an easy matter.

### *Butter Caramels:*

1 lb. (2 cups) granulated sugar *1 cup*  
1½ lbs. (1½ cups) Karo Syrup *2 cups*  
1 qt. (4 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk

This candy is very apt to burn on the bottom and must be stirred continuously until done.

Cook to 240 degrees in winter, and to 242° in summer. Flavor with one-half teaspoonful of best vanilla. Pour, to a thickness of about one-half inch, into an oiled pan.

When cold, turn out on a wooden bread board and cut into squares with



## Caramels and Nougat

a large, sharp butcher knife. (Cut as shown in the illustrations.)

*Walnut Caramels:* Use recipe for butter caramels and add  $\frac{1}{2}$  lb. of freshly cracked and broken walnut meats, just before pouring.

### *Raspberry Caramels:*

1 lb. (2 cups) granulated sugar  
 $1\frac{1}{2}$  lbs. ( $1\frac{1}{2}$  cups) Karo Syrup  
1 qt. (4 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk

Cook until the thermometer registers 242 degrees, stirring constantly. Add 4 tablespoonfuls of raspberry juice, (prepared by cooking canned raspberries to half their bulk, which will concentrate the flavor), and cook to 244 degrees. Remove from the fire, and add three tablespoonfuls of lemon juice and a grain of Burnett's fruit red color.

Pour into an oiled pan; and when cold, turn upside down on a board, remove pan and cut as shown in the photographs.

Wrap in waxed paper.

### *Chocolate Caramels:*

1 lb. (2 cups) granulated sugar  
 $1\frac{1}{2}$  lbs. ( $1\frac{1}{2}$  cups) Karo Syrup  
1 qt. (4 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk

Because of the cream in this candy, it is very apt to burn on the bottom; therefore the batch must be stirred constantly, from start to finish.



Cutting Caramels into Strips



Cutting Caramels into Squares

THE  
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MILITARIUM

## Caramels and Nougat

### *Chocolate*

#### *Caramels:*

When the batch comes to a good boil add  $\frac{3}{8}$  of a pound of Baker's bitter chocolate, finely shaved. Cook to 238° in winter, 240° in summer, and flavor with  $\frac{1}{2}$  teaspoonful of best vanilla.

Pour to a thickness of about one-half inch in an oiled pan.

When cold, turn out on a wooden bread board and cut into squares with a large, sharp butcher knife. (Cut according to illustrations for caramel and nougat cutting, facing pages 94 and 100.)

### *Chocolate Nut*

#### *Caramels:*

Use recipe for Chocolate Caramels and add three-fourths of a pound of blanched almonds just before pouring.

### *Chocolate*

#### *Marshmallow*

#### *Caramels:*

Use the Chocolate Caramel recipe. Pour a little of it, then press into this a few marshmallows, and pour on the balance.

### *Maple Sugar*

#### *Caramels:*

1 lb. (2 cups) maple syrup  
1½ lbs. (1½ cups) Karo Syrup  
1 qt. (3 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk

Stir continuously,

Cook to 240 degrees by the thermometer in winter; 242 degrees in summer.

Pour into an oiled pan; and when cold, turn upside down on a bread or cutting board. Remove pan and cut. (See photograph of cutting caramels.)

## Caramels and Nougat

### *Cocoanut*

#### *Caramels:*

1 lb. (2 cups) granulated sugar  
1½ lbs. (1½ cups) Karo Syrup  
¾ qt. (3 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk  
Liquid from one can of Baker's cocoanut

This candy is very apt to burn on the bottom and must be stirred constantly until done.

Cook to 238 degrees; add the thoroughly drained cocoanut from one can of Baker's fresh grated canned cocoanut, and cook to 241 degrees. Flavor with one-half teaspoonful of best vanilla.

Pour to a thickness of about three-fourths inch in an oiled pan.

When cold, turn out on a wooden bread board and cut in squares with a large, sharp butcher knife. (Cut as shown in the illustrations of caramel and nougat cutting.)

### *Coffee*

#### *Caramels:*

1 lb. (2 cups) granulated sugar  
1½ lbs. (1½ cups) Karo Syrup  
1 qt. (4 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk  
3 oz. pulverized coffee (tied loosely in a cheese-cloth bag)

Put the coffee tied in the cheese-cloth bag in and cook with the batch, removing when the thermometer registers 230 degrees.



## Caramels and Nougat

Cook to 240 degrees in winter and 242 degrees in summer.

Pour into an oiled square pan; and when it is cold, turn upside down on a wooden bread board. Cut according to directions for cutting caramels.

### *Molasses Caramels:*

1 lb. (2 cups) granulated sugar  
1½ lbs. (1½ cups) Karo Syrup  
1 qt. (4 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk  
½ pt. Porto Rico molasses

Cook to 242° in winter, 244° in summer, stirring constantly.

Pour into an oiled pan; and when cold, turn upside down on a wooden bread board and cut with a large, sharp knife. (See illustration for cutting caramels.)

### *Pistachio Caramels:*

1 lb. (2 cups) granulated sugar  
1½ lbs. (1½ cups) Karo Syrup  
1 qt. (4 cups) sweet cream  
1 can Borden's Eagle Brand condensed milk

This candy is very apt to burn on the bottom, and therefore it must be stirred continuously until done. Use preferably a flat wooden spatula, so that you can rub the bottom of the dish and not just mix the boiling candy.

Cook to 240 degrees (242° in summer). Flavor with a teaspoonful of pistachio flavoring, and tint green with



## Caramels and Nougat

### *Pistachio*

#### *Caramels:*

Burnett's pure leaf-green color paste. A tiny speck of this will be sufficient.

Add one-half pound of blanched pistachio nuts.

Pour into an oiled pan. When cold, turn upside down on a wooden bread board. Remove pan and cut caramel into squares with a large, sharp butcher knife. (Cut as shown in the photographs for caramel and nougat cutting.)

### *Opera Caramels:*

1 $\frac{1}{4}$  lbs. (2 $\frac{1}{2}$  cups) granulated sugar

1 $\frac{1}{4}$  lbs. (2 $\frac{1}{2}$  cups) brown sugar

1 can Borden's Eagle Brand condensed milk

1 pt. (2 cups) sweet cream

A pinch of salt.

Mix the cream and condensed milk together and add to the sugar.

Put on the fire and stir constantly until done.

Cook to 240 degrees.

Pour onto a damp marble table top and mix with a spatula (as described and illustrated in Mixing Fondant.) When firm and creamy, scrape all together; roll to the thickness of a caramel, and cut into squares.

### *Maple Cream*

#### *Caramels:*

1 $\frac{3}{4}$  lbs. (3 $\frac{1}{2}$  cups) maple sugar

1 pt. (2 cups) sweet cream

A pinch of salt

## Caramels and Nougat

### *Maple Cream Caramels:*

Cook to 238 degrees, stirring constantly.

Remove from the stove; beat until very thick and creamy. Turn out onto a slab and roll (with a rolling-pin) to a thickness of about half an inch. Cut into square pieces.

### *Stuffed Caramels:*

Stuffed caramels may be made from chocolate or butter caramel, as preferred.

Make a batch of either of these caramels, pouring it to a thinness of only a little more than a quarter of an inch. When it is quite cold, turn it upside down on a kneading board and remove pan.

Knead a piece of cream fondant (see Chap. III) until it is soft and pliable, and roll it to the same length as the pan of caramel and about 1½ to 2" thick (see illustration). Lay this down the middle of the batch of caramel and fold the caramel around it, pressing firmly together where the edges lap. Turn it over, so the seam rests next to the bread board upon which you are working, for a few minutes, so that it sticks tightly together.

Then stretch and cut as shown in the illustration facing page 101.

Place in waxed paper bonbon cups, or on oiled plates.

## Caramels and Nougat

### *Honey Nougat:*

Nougat is made in two batches. The first one can be made the day before the other; or it can be made in double batches and half of it kept on hand, in air-tight mason jars, to be used later.

### *First Batch*

Cook  $1\frac{1}{2}$  lbs. (2 cups) Karo Syrup to 230 degrees by the thermometer. Add  $\frac{1}{4}$  lb. of XXXX sugar, and beat *slowly* into the well-beaten whites of two eggs.

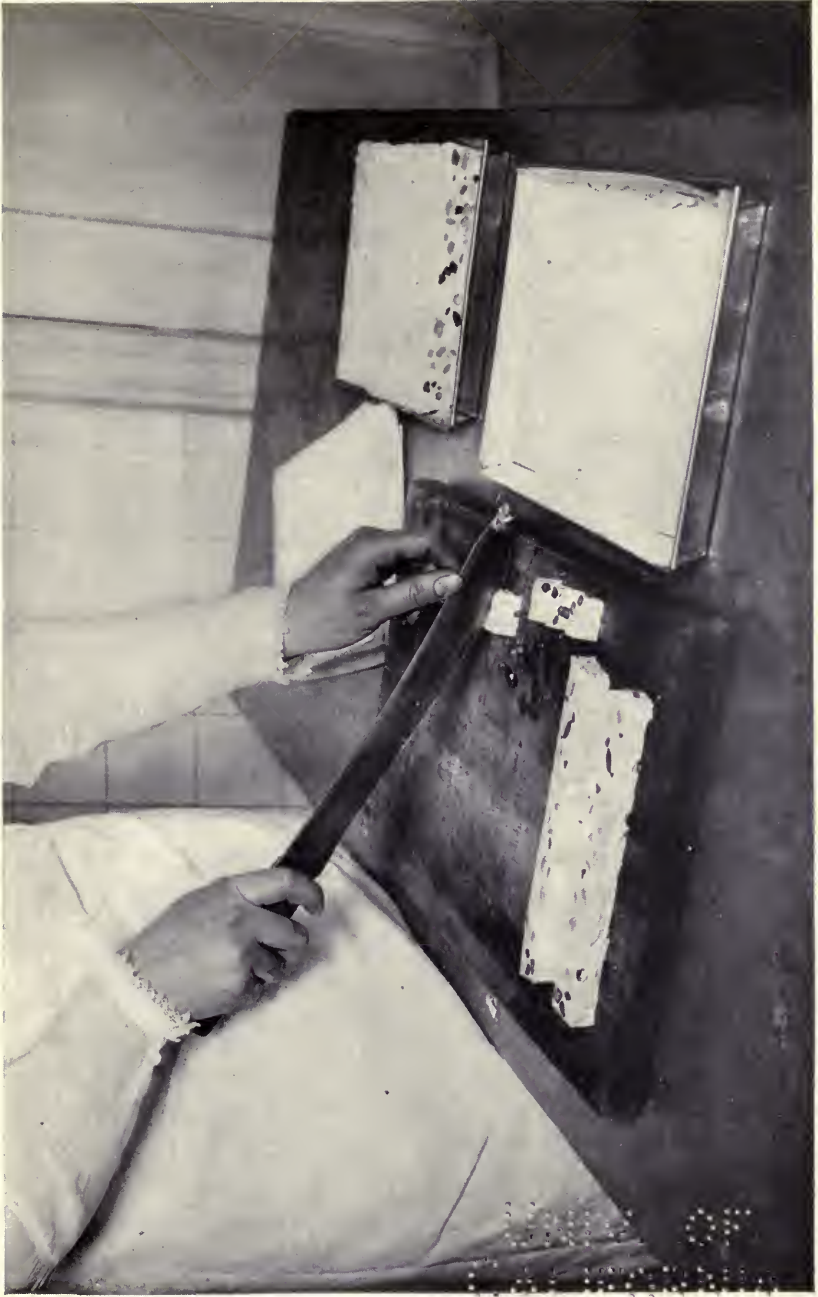
Then add, a little at a time and beating constantly, one-half ounce of powdered gum arabic and one-fourth ounce of pulverized gelatine, each dissolved in a tablespoonful of water. Mix No. 1 batch in bowl large enough to allow addition of batch No. 2 when done.

### *Second Batch*

Blanch one pound of almonds and one-half pound of pistachio nuts and put in warming oven to dry out thoroughly.

Line a pan with wafer paper, using a little water to moisten the edges, so that they will stick and the entire pan—sides and bottom—will be covered.

Cook:



Cutting Honey Nougat into Oblongs





Folding the Caramel around the Cream Center or Stuffing



Cutting Stuffed Caramels

## Caramels and Nougat

*Honey Nougat:*      1 lb. (1 $\frac{1}{4}$  cups) strained honey  
                          1 $\frac{1}{2}$  lbs. (3 cups) sugar  
                          1 lb. (  $\frac{3}{4}$  cup ) Karo Syrup  
                          1 oz. cocoa butter  
                           $\frac{1}{2}$  pt. (1 cup) water

to 268 degrees by the thermometer.

Pour this hot mixture slowly into No. 1, beating constantly.

When all this syrup is added, add the pound of blanched almonds (thoroughly dried after blanching) and the half-pound of dry blanched pistachio nuts.

Pour the nougat into the lined pan and cover on top with rice paper. Rice paper is usually to be had from any confectioners' supply house. However, one can use the small rice wafers which are on sale for gold fish food: it is the same thing. Cover with heavy waxed paper on which place a second pan of same size, weighted with a flatiron, to press and flatten the nougat evenly. When cold, remove the flatiron; turn the pan upside-down; and cut with a sharp caramel knife as shown in the photograph accompanying this chapter.

Wrap each piece in wax paper.

The rice paper is edible and wholesome, and need not be removed.

*Caramelized*

*Marsmallows:*

Sieve and brush (using a flat paint-brush), until free from sugar, as many



## Caramels and Nougat

### *Caramelized*

#### *Marshmallows:*

marshmallows as you desire to caramelize. Cut them in two if they are very large.

Cook butter caramels as in the recipe given on page 93. When done, remove from the stove and immediately begin dipping the marshmallows, using a fork as in dipping bonbons. Work quickly, as the marshmallows will melt in the hot syrup if allowed to remain a second longer than is necessary to coat them. Turn upside-down on to waxed paper.

Marshmallows for this purpose should be left exposed to the air a few hours after cutting. This hardens them just a little, so they do not melt in the hot caramel.

Wrap in waxed paper.

#### *Napoleons:*

Use freshly salted almonds as given in the recipe for Salted Almonds on page 130.

Cook a batch of chocolate caramel, and when done remove from the stove and dip each almond, separately, as in dipping bonbons. Work quickly, so that all may be coated before the caramel hardens. Should it become too hard to dip before all are finished, the remaining almonds may be mixed into the caramel and poured into an oiled cake tin. The dipped almonds, however, are very much the nicer. They should be wrapped in waxed paper.

VII

Hard Candies



## Hard Candies

### *Sticks:*

Stick candies are apt to prove troublesome to make at home, for two reasons:

The first is because the candy mass is *very* hot while pliable. This difficulty is overcome in wearing loose, heavy, white kid gloves. (Confectioners' gloves of this sort, as shown in the illustration facing page 106, cost about fifty cents a pair. They can be had from a confectioners' supply house or from shops that sell work gloves.) Handle hard candy batches only with gloved hands—they are too hot to manage otherwise. Inexpensive and large sheepskin work gloves are the best and cost about fifty cents.

The second reason is, that the hard candy batch cools very quickly, and unless it is spun out quickly and with skill, it becomes too hard to manage. To remedy this, the candy maker uses what is called a "batch warmer." It is a long asbestos-backed gas rod, and costs from six to ten dollars. I have found that an electric toaster, with a tin-pan back of it to throw the heat toward the batch, works quite as well for a small quantity of candy. A "batch warmer" of some kind is a necessity in making hard stick candy—to

## Hard Candies

### *Sticks:*

keep the batch warm and pliable until it is worked into such sizes and shapes as are desired. In some of the photographs accompanying this chapter, the professional gas batch warmer is used; in others, the toaster; so you can see how each looks.

One should work hard candy on a smooth wooden table, preferably hardwood, that has been raised to about the waist height of the person who is to do the working. This makes the work vastly easier than to try to do it from the regulation height table, which is so low as to make it necessary to bend over.

Use an aluminum saucepan for cooking hard candies.

### *Peppermint*

#### *Sticks:*

3 lbs. (6 cups) granulated sugar

$\frac{3}{4}$  pt. ( $1\frac{1}{2}$  cups) water

Cream of tartar the size of a pea

Stir until the sugar is dissolved—*no longer*.

Cook over a very hot fire, removing, with a wet cheese-cloth wrapped round a fork, any grains that may form on the sides of the saucepan.

When the thermometer registers 330 degrees, remove from the fire without jarring and stand on the table for a moment until it has ceased to bubble.

Pour onto a cold, oiled marble slab,



Coloring Bright Red a small Piece for Striping



Folding the Batch until it is Firm enough to Pull





Striping the Batch for Peppermint Sticks



The Batch is now ready for Stretching

## Hard Candies

### *Peppermint Sticks:*

and add a teaspoonful of peppermint oil and three drops of oil of lemon. Put on gloves and as soon as the edges are cool enough, fold them into the middle and in this way mix in the flavoring. Fold, as shown in illustration, so that the bottom next to the slab, which is coldest, folds together, thus working the cool parts in and the hot parts out.

When the batch is firm enough to pull, take a piece about the size of a lemon and put it before the batch warmer to keep hot. Pull the balance over the hook until glossy and white, twisting the batch as you stretch it from the hook. Place in front of the batch warmer on the wood table. Turn this mass every minute or so, to keep it evenly warm and to prevent sticking and also to keep it in a nice round, oblong piece. If it becomes longer than the hot space, push and work together again. Much depends on keeping your batch evenly warm and shapely.

Now work into the small unpulled piece some red color, enough to make it a warm red shade. Then, when the white batch is shapely, put on stripes of the red—four of them—one on each side of the batch. Striping a batch is illustrated in the accompanying photographs. As soon as one stripe is put

## Hard Candies

### *Peppermint Sticks:*

on, turn that side next to the table while you are putting on the next; thus the weight of the batch helps to make the stripe adhere.

Now stretch out, as for kisses, to any desired thickness, but roll as you stretch away from yourself. Each time you turn the big batch, turn it *toward* yourself; in this way the stripes are twisted around the sticks and the rolling keeps the sticks round and smooth. Stretch out a long piece, as long as the table, then break it off by knocking with the shears just beyond the range of the batch warmer. Stretch out and roll another long strip, not forgetting to turn your big batch frequently. Do not stretch hard, just sort of coax the strip out a little at a time, between rolls, and it will spin out evenly and well. Roll the long cut sticks, too, occasionally while working on others, so that they do not flatten. When all is spun out, roll until the last strip is perfectly cold.

Then place them all close together, slip the shears under at about the length you wish your sticks to be, and with a chopping of the shears—not a cutting—chop across the entire row of sticks. This is shown in the illustrations.



Rolling the Candy into long Sticks





Rolling the Candy into thin, dainty little Sticks



Chop the hardened Sticks with a pair of shears to the Desired Length

## Hard Candies

By spinning the sticks out thin, you may have dainty little sticks, and by spinning thicker, you may have nice big, old-fashioned ones.

### *Lemon Sticks:*

These are made like the Peppermint Sticks, only the strip is uncolored, the pulled being striped with the unpulled candy.

The flavor of course is oil of lemon only—a teaspoonful to a three-pound batch.

### *Cinnamon Sticks:*

They are made like Peppermint Sticks, except they are flavored with oil of cinnamon and are tinted pink by adding a little fruit red color when the batch is cooking, just before it is done.

The stripe is of the unpulled red candy—the other part of the batch becomes pink in pulling.

### *Candy Curls:*

Hard candy curls may be made in any flavor or color, and striped or plain, as preferred.

Pull the batch. Place it in front of the batch warmer; stretch out into quite a thin, round strip, and wrap round a pencil. Break off when the pencil is full. Slip it off and pull apart just a little, so that it makes a pretty, loose curl, as illustrated.



## Hard Candies

### *Peppermint Buttercups:*

Put into an aluminum saucepan:

3 lbs. (6 cups) granulated sugar  
 $\frac{3}{4}$  pt. ( $1\frac{1}{2}$  cups) water  
Cream of tartar the size of a pea

Put over a hot fire and stir until the sugar is dissolved, *no longer*.

Cook over a very hot fire, removing, with a wet cheese-cloth wrapped round a fork, any grains that may form on the sides of the saucepan. When the thermometer registers 330 degrees, remove from the fire without jarring and stand on the table for a moment until it has ceased to bubble.

Pour onto a cold, oiled marble slab, and add a teaspoonful of peppermint oil and three drops of oil of lemon. As soon as the edges are cool enough, fold into the middle and in this way mix in the flavoring. Fold, as shown in the illustration opposite page 106, so that the bottom next to the slab, which is coldest, folds together, thus working the cool parts in and the hot parts out.

When the batch is firm, pull over a candy hook until glossy and white. Place in front of the batch warmer, stretch out and cut in small pieces with the shears.

### *Peppermint Balls:*

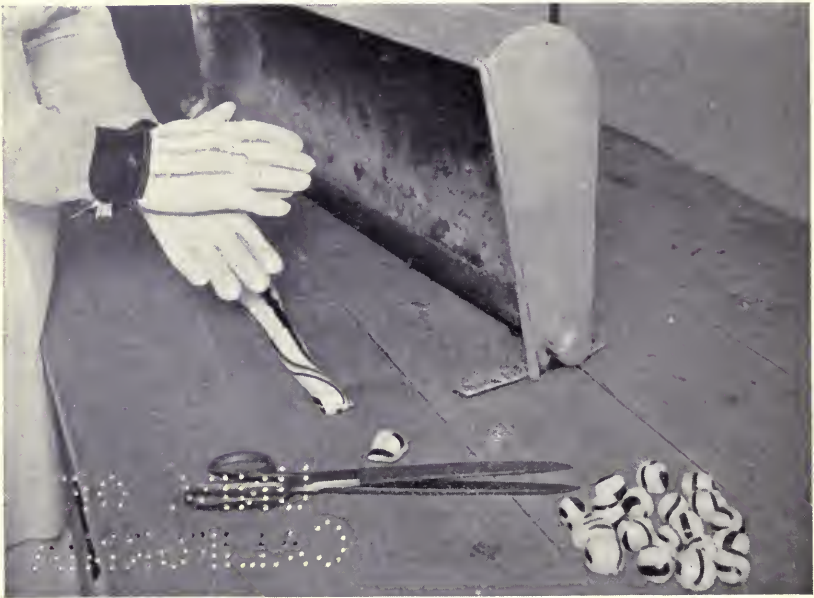
Proceed as for Peppermint Sticks, but instead of stretching it out into long rods, cut as for Peppermint Butter-



Candy Curls



Cutting Peppermint Buttercups



Rolling Peppermint Balls

## Hard Candies

cups. But just as soon as you cut a piece, pick it up and roll it to make it round.

### Lime Drops:

Put into an aluminum saucepan:

2 lbs. (4 cups) granulated sugar

$\frac{3}{4}$  pt. ( $1\frac{1}{2}$  cups) water

Cream of tartar the size of a pea

Stir until the sugar is dissolved, *no longer*.

Place a thermometer in the batch and cook until the thermometer registers 330 degrees. Any grains which form on the side of the kettle should be removed with a damp cheese-cloth wrapped round a fork. (See illustration facing page 42.)

When the batch registers 330 degrees, remove from fire without jarring and let stand until it ceases to bubble. Pour it onto a cold, oiled slab. Onto the middle of this poured batch place one teaspoonful of pulverized citric acid and one tablespoonful of pure oil of limes. Fold in the edges as soon as cool enough, covering the flavoring and acid and in this way mixing it in thoroughly. Lift up from the center so that the bottom comes together, as illustrated opposite page 106, until the batch is of an evenly firm consistency.

Place before the batch warmer;



## Hard Candies

### *Lemon Balls:*

stretch out and cut with shears in small pieces. (See the illustration for peppermint buttercups.) Pick up each piece as quickly as it is cut and roll it into a ball. These pieces may be cut as small or as large as desired.

Use the recipe for Lime Balls, using oil of lemon in place of oil of lime for flavoring.

### *Candy Canes:*

Make a batch of peppermint candy as for Peppermint Sticks, pulling and striping it as for sticks. Then stretch out in front of the batch warmer and cut off pieces about twelve or fourteen inches long. Shape into canes as soon as cut, just as shown in the illustration.

### *Lollypops:*

2 lbs. (4 cups) granulated sugar

$\frac{1}{2}$  pt. (1 cup) water

Cream of tartar the size of a small pea

Cook in an aluminum saucepan, over a very hot fire. Wipe away any grains that may form on the sides of the saucepan, with a wet cheese-cloth wrapped round a fork.

Cook to 330 degrees by the thermometer.

Remove from the stove and let stand until it ceases to bubble.

Pour onto an oiled, marble slab; turn in the edges and fold (wearing gloves) as illustrated opposite page 106.



Shaping Peppermint Candy Canes



Peppermint Lollipops





## Hard Candies

### *Lollypops:*

If a flavor is preferred, it should be added just after pouring. As a rule barley sugar lollypops are unflavored.

When firm and cool enough to mold, place before the batch warmer. Stretch out, and cut into large pillow shaped pieces with the shears. Roll each piece round between the hands, and stick in a smooth toothpick or a clean new meat skewer, according to the size you wish to make the lollypops.

Wrap in waxed paper and tie with a narrow ribbon.

### *Clear Cinnamon Squares:*

2 lbs. (4 cups) granulated sugar  
Cream of tartar size of a pea  
 $\frac{1}{2}$  pt. (1 cup) water  
1 teaspoonful oil of cinnamon

Wipe away any grains that may form on the inside of the saucepan, with a wet cheese-cloth wrapped round a fork.

Do not stir after sugar is dissolved.

Cook until the thermometer registers 330 degrees.

Tint a delicate pink, using beet juice or Burnett's fruit red. Be careful—a tiny bit of color goes a long way.

Stand a moment after removing from the fire until it has stopped bubbling; add 1 teaspoonful of oil of cinnamon and stir lightly with a fork. Do not

## Hard Candies

### *Clear Cinnamon Squares:*

mix too much or the candy will sugar.

Pour onto an oiled marble; and as soon as it can be handled, turn it upside-down with a pancake turner. Mark in squares with a sharp knife. (It must be done quickly before the candy becomes too cold.) When cold, break the squares apart.

### *Anise Drops:*

Put:

2 lbs. (4 cups) granulated sugar  
1 pt. (2 cups) water  
Cream of tartar the size of a pea

into an aluminum saucepan over the fire. Stir until the sugar is dissolved, *no longer*.

Place the thermometer in the batch and cook to 330 degrees.

Any grains that may crystallize on the sides of the pan while cooking should be carefully removed with a wet cheese-cloth wrapped round a fork, as illustrated in the chapter on Fondant.

Do not jar the cooking syrup when removing it from the fire. Pour as quietly as possible onto a cold, oiled slab. Undue agitation of the syrup may cause the entire batch to "sugar."

Add fifteen drops (use a medicine dropper) of oil of anise and a tiny touch of pink color immediately after pour-

## Hard Candies

### *Anise Drops:*

ing; and as soon as the edges are a little cool, fold into the center, covering the flavoring, and in this way mixing it thoroughly. Lift up from the center (see the illustration of this) so that the bottom comes together and until the batch is of an evenly firm constituency.

Place before the batch warmer, stretch out and cut in pillows, as shown in the illustration for Peppermint Buttercups.

Pick up each piece as quickly as it is cut and roll it into a ball. These pieces may be cut as small or as large as desired.

### *Butternut Brittle:*

2 lbs. (4 cups) granulated sugar  
 $\frac{1}{8}$  teaspoonful of cream of tartar  
 $1\frac{1}{2}$  cups water

Boil until the thermometer registers 330 degrees and add three cups of butternut meats. Take off the stove and add 1 teaspoonful of soda. Stir well and pour *very thinly* onto a cold, well-oiled marble slab, or into two large dripping pans set in a bed of cracked ice, so it will cool quickly.

Break up into irregular pices.

Put:

### *Crisp Butter Scotch:*

$1\frac{1}{4}$  lbs. ( $2\frac{1}{2}$  cups) granulated sugar  
 $\frac{3}{4}$  lb. ( $\frac{1}{2}$  cup) brown sugar  
 $\frac{1}{2}$  lb. ( $\frac{1}{2}$  cup) Karo Syrup

## Hard Candies

into a clean aluminum kettle. Cook to 285 degrees.

Add 3 ounces ( $\frac{1}{2}$  cup) butter and cook to 290 degrees.

Pour quite thinly onto oiled pans and mark in squares while still warm.

### *Peanut Brittle:*

2 lbs. (4 cups) granulated sugar  
1 lb. (2 cups) large raw blanched peanuts  
 $\frac{1}{2}$  pt. (1 cup) water  
A scant  $\frac{1}{4}$  teaspoonful of cream of tartar

Cook until the peanuts begin to "crack," then add:

$\frac{1}{4}$  lb. butter  
 $\frac{1}{4}$  teaspoonful soda  
 $\frac{1}{4}$  teaspoonful salt

Pour very thinly onto a cold oiled slab.

### *Cocoanut Brittle:*

Use the same recipe as for Peanut Brittle, except of course omit the peanuts and add  $\frac{1}{2}$  lb. (3 cups) of dry shredded cocoanut just before pouring.

### *Cocoanut Crisp:*

5 lbs. (10 cups) sugar  
 $1\frac{1}{2}$  pts. (6 cups) water  
 $\frac{1}{2}$  teaspoonful of cream of tartar

Cook until the thermometer registers 330 degrees. Take from the stove and add:

$\frac{1}{4}$  lb. butter  
1 teaspoonful of soda  
1 teaspoonful of salt  
2 lbs. dry shredded cocoanut

## Hard Candies

Mark with a knife into squares as quickly as possible, and break apart as soon as cold.

### *Hazelnut Crisp:*

Chop and roast  $\frac{1}{2}$  lb. (1 cup) hazelnuts to a light brown, by putting them in the oven and mixing frequently.

Cook 2 lbs. (4 cups) granulated sugar to at least 330 degrees and as much higher as possible without letting the sugar burn. It should be the color of maple syrup—no darker. The higher you can cook it, the better. The burning point varies so much that it is not possible to state an exact degree. I have cooked this candy higher than 360 degrees, without burning it. It will improve the crispness to have the batch cooked as high as possible.

Stir in the hazelnuts when done and pour onto an oiled slab. Turn upside-down as soon as it can be handled and mark quickly into one-inch squares.

### *Clear Fruit Squares:*

$1\frac{1}{4}$  lbs. ( $2\frac{1}{2}$  cups) granulated sugar  
 $\frac{3}{4}$  lb. ( $\frac{1}{2}$  cup) light brown sugar  
 $\frac{1}{2}$  lb. ( $\frac{1}{2}$  cup) Karo Syrup

Add 3 ozs. butter when this is cooked to 285 degrees on the thermometer, and cook to 330 degrees. (When this batch cooks to about 330 degrees, it is best to turn the gas a little low, so it will not scorch on the sides.)



## Hard Candies

Add  $\frac{1}{2}$  lb. washed and steamed Sultana raisins and a quarter of a pound of roasted salted peanuts.

Pour onto a cold, oiled slab and mark quickly into squares. When cold break apart.

### *Nut Bars:*

1 cup water  
1 lb. (2 cups) sugar  
Cream of tartar the size of a pea

Cook until the thermometer registers 330 degrees. Pour onto a cold, oiled marble table top and add  $\frac{1}{2}$  lb. (cup) freshly cracked mixed Brazil, walnut, and almond meats, without stirring in. Fold and work the nuts into the batch, and mold as you work into a long bar. As soon as the batch is firm, cut it into five-inch pieces with a sharp knife. Do not wait until it is hard and cold.

It is necessary to wear heavy kid gloves in handling this candy, as it is very hot. Confectioners' gloves are illustrated opposite page 106.

*Horehound Candy:* Steep  $\frac{1}{2}$  oz. package of horehound herbs in one quart of cold water, letting it come to a good boil. Strain onto  $2\frac{1}{2}$  lbs. (5 cups) of sugar and cook until the thermometer registers 330 degrees.

Wipe away any grains that may form on the inside of the saucepan, with a



Mark the Candy before it becomes Cold



Breaking the hardened Candy into Squares

10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

## Hard Candies

*Horehound Candy:* damp cheese-cloth wrapped round a fork.

Pour onto a cold marble slab. Fold in the edges as they become hard, and lift off the slab as illustrated. Then let it flatten a little. Mark in squares quickly before the candy becomes cold, and break apart as soon as cool. (See illustration facing page 118.)



VIII

Decorative Candies and Salted Nuts





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Decorative Candies, Nuts and Glacés

## Decorative Candies and Salted Nuts

Candies that are decorative should be quite as attractive to the palate as they are to the eye.

Quaint containers add to the charm of the picture. Two suggestions are illustrated, one an old-fashioned alabaster compote whose decoration of leaves is very suitable to the fruit and nut glacés with which it is filled. The tangerine glacés in a yellow basket make a fascinating and simple yellow touch to a yellow table decoration.

### *Glacés:*

Fruit and nut glacés cannot be made successfully on a hot or humid day. Clear, cold weather is best of all. Cold, damp weather is almost as trying as a hot day. When there is humidity or dampness in the atmosphere, glacés will become sticky almost before they are cold. Glacés should be made and used the same day, to be at their nicest.

Nuts and fruits of many kinds coated with glacés are most attractive and delicious. The things to be coated should be prepared before the glacé is cooked, so that when it is ready there may be no delay in the dipping.

### *Centers for Nut Glacés:*

Freshly cracked walnut halves, pecans, filberts, almonds, brazil-nuts and hickory-nuts are delicious coated with glacé. Blanched almonds are pretty,

## Decorative Candies and Salted Nuts

### *Centers for Nut Glacés:*

but must be thoroughly dried after blanching. Two walnut meats put together with a little fondant colored a bright rose or green make an attractive glacé variety.

Pecan halves also may be put together with brightly colored fondant and dipped in glacé.

Balls of marzipan, white or tinted, are also very delicious.

Chestnuts, or marrons may be coated too, if drained of their syrup. Marrons in syrup can be had at any fancy grocer's, or one can make their own marrons in syrup, as described under Marrons Glacés.

### GRAPES

### *Centers for Fruit Glacés:*

Wash and dry Malaga or Tokay grapes, and cut each grape off the bunch, leaving about one-half inch of stem on each grape. Dip by stem into the hot glacé syrup.

### STRAWBERRIES

Select strawberries that are not quite ripe and that have very green hulls. Brush carefully with a fine flat paintbrush to remove all sand. Dip up to hull only.

## Decorative Candies and Salted Nuts

*Centers for  
Fruit Glacés:*

### TANGERINES

Peel the tangerines and separate into sections, taking great care not to break the inner skin. Remove all the little veins and let the quarters remain exposed to the air for two or three hours before dipping. Leave one or two whole peeled tangerines to be dipped entire, as they are so pretty when used as a center for the plate of glacés.

### CHERRIES

Use sweet cherries on stems and coat by dipping in up to the stem.

### LOVE APPLES

Make a paste by pressing drained marrons in syrup through the potato ricer. Shape into balls and dip in glacé that is colored red. Put an artificial leaf and stem on each as soon as it is dipped. To make paste from fresh chestnuts, see the recipe for Marrons Glacés.

### RED ALMONDS

Dip dry blanched almonds in glacé that has been tinted red.

### STUFFED PRUNES

Wash fine dried prunes and cut in two, removing pit. Steam for ten min-



## Decorative Candies and Salted Nuts

### *Centers for Fruit Glacés:*

utes and when cold stuff with fondant tinted rose, yellow, or green, and flavored with vanilla. Add an artificial leaf and stem to each as soon as it is dipped.

#### STUFFED DATES

Wash and steam dark dates. Remove the pit and replace with one-quarter of an English walnut meat, or a strip of candied ginger root.

#### STUFFED CHERRIES

Stick blanched almonds into candied cherries where the stem was, leaving about half the almond showing.

#### STUFFED RAISINS

Seed fresh plump layer raisins and insert a little fondant flavored with vanilla and tinted green, or a little green marzipan. Do not close the raisin, let the fondant show in the opening.

#### FIGS

Steam thoroughly layer figs and cut in even small pieces.

#### CANDIED PINEAPPLE AND CHERRIES

Candied pineapples and cherries may be coated with glacé. The cherries are



Making Glacés—wipe Fork on Edge of Saucepan



Turn Fork up-side down to let Candy drop off



Placing Artificial Leaves on Glacés. Care must be taken not to Burn the Fingers



## Decorative Candies and Salted Nuts

### *Coating for Fruit and Nut Glacés:*

particularly pretty if topped with an artificial leaf and stem.

When you have prepared such centers as you desire to coat, put the following on a very hot fire, using an aluminum saucepan:

1½ lbs. (3 cups) granulated sugar  
¾ pt. (1½ cups) water  
Cream of tartar the size of a small pea

Stir only until the sugar is dissolved, removing any grains that may form from time to time on the inside of the saucepan, with a wet cheese-cloth wrapped round a fork.

When the thermometer registers 330 degrees, remove from the fire carefully so as not to jar the syrup. Jarring or movement of any kind is apt to spoil the syrup by causing it to crystallize.

Tip the saucepan by placing a thick spoon or spatula handle under one side and begin dipping the centers. An ordinary fork may be used for dipping glacés. Artificial leaves and stems may be added to some pieces as coated, before the syrup hardens. Do not touch the glacé syrup, as it is very hot and will burn severely.

Glacés should be made the same day they are to be used, and the fresh fruit glacés should be made an hour or less

## Decorative Candies and Salted Nuts

### *Marzipan Fruits and Vegetables:*

before using, as otherwise they will leak. Grind one pound (2 cups) of blanched almonds in the meat chopper, using the finest macerator. Run them through three or four times until they become very fine.

Cook to 240 degrees:

1 lb. (2 cups) granulated sugar  
1 cup water

Remove from the fire and mix into it the pound of ground, blanched almonds and  $\frac{1}{2}$  cup orange juice. Stir until it becomes thick and creamy; then turn out onto a slab or pan dusted with confectioner's sugar until cool.

It is from this mixture that the foreign marzipan fruits are made, and if one cares to cultivate a little skill, they can be made at home quite easily.

The following are a few suggestions for molding. All these marzipan things should be crystallized when tinted and shaped.

### PEACHES

Roll a ball of marzipan; flatten slightly; then with a long nail press a crease in one side. Press in the top with the nail where the stem comes off; point it slightly on the bottom. Then tint, using vegetable colors, water, and



## Decorative Candies and Salted Nuts

*Marzipan Fruits and Vegetables:* a paint-brush. When dry, crystallize and add an artificial leaf.

### STRAWBERRIES

Roll a piece of marzipan into a strawberry shape; dent in spots with a fork or nail; tint red, leaving a bit of yellow showing for seeds. Crystallize and add an artificial green hull.

### PLUMS

Greengage plums can be molded like peaches, only smaller, and tinted green before crystallizing.

### PEAS IN A POD

Mix into a piece of marzipan paste enough green and yellow color to make it a pretty pea-green shade. Mold a long pod, pointed a bit at each end; then with a long fine nail press the long way, for the open pod. Roll tiny balls and place inside the pod, in a row, and crystallize.

### ACORNS

Roll some marzipan in little oblong pieces, like those illustrated in the crystallizing pan. Crystallize; and when they are drained dry, dip one end in melted fondant. Full directions for crystallizing will be found on page 132.



## Decorative Candies and Salted Nuts

### *Salted Almonds:*

Blanch large, shelled almonds by immersing in boiling water for two minutes, then in cold. Drain and remove the skins. Spread thinly in pans and put in a warming oven to dry for several hours. The crispness of the finished nuts depends largely upon their dryness before salting.

For salting nuts one should own a small doughnut basket with a deep pot to fit. Put in olive or cooking oil, enough to cover the nuts. Heat to the frying-point (test by dropping in one nut); put the nuts to be prepared in the basket; and when the oil is hot enough (it should be *very* hot) immerse the nuts until they cook to a light brown. Remove immediately and pour onto brown paper, dusting with fine salt. Use  $\frac{1}{2}$  teaspoonful of salt to each pound of nuts.

### *Salted Pecans:*

Place in a pan the pecan meats you wish to salt, together with butter—a proportion of one tablespoonful to each pound of nuts. Put in the oven, mixing frequently or they will burn. When warm and well buttered, remove from the oven and dust with fine salt, using  $\frac{1}{2}$  teaspoonful of salt to each pound of nut meats.

### *Salted Hazelnuts:*

Roast shelled hazelnuts in the oven, stirring often until brown and crisp.



Almonds ready to be Browned in Oil before Salting

70 1971  
AUGUST 20

## Decorative Candies and Salted Nuts

*Salted Hazelnuts:* Rub together and remove as much of the hulls as possible (with care one can remove all. Use one spoonful of butter to each pound of nuts; put butter in the pan with nuts and set in the oven, mixing until the nuts are well buttered. Add fine salt, using about  $\frac{1}{2}$  teaspoonful of salt to one pound of nuts.

*Salted Whole Pistachio Nuts:* These are more commonly known than the salted pistachio meats, but are not nearly so nice. They are prepared by boiling the entire nut, shell and all, in a brine water for about five minutes. Drain and when cold they will be found to be covered with salty crystals.

*Salted Pistachio Nut Meats:* Blanch, by immersing in boiling water and then rubbing off the skins, pistachio nuts. (Sicilian ones are the finest.)

Put in a pan with a little butter (one tablespoonful to each pound of nuts) and put in the oven, stirring constantly until the nuts are well buttered.

Remove at once from the fire and mix with fine salt— $\frac{1}{2}$  teaspoonful to each pound of nuts.

*Salted Brazils:* Pare off any black skin remaining after Brazil-nuts are cracked. They then should be put in a dry, warm place (not hot enough to brown them) for two or three hours. Then add butter, a tablespoonful for each pound of nuts,

## Decorative Candies and Salted Nuts

brown lightly in the oven, mixing well. Remove and dust with fine salt, using half a teaspoonful of salt to each pound of nut meats.

### *Salted Peanuts:*

Buy raw peanuts, crack and remove the nuts. Blanch the same as almonds, and dry thoroughly by keeping in a warm, dry place for several hours.

Fry in deep olive or vegetable oil until a light brown. The oil should be very hot before immersing the nuts. Use a wire basket, so that the nuts can be shaken and moved about while frying and all removed immediately they are brown.

Pour onto brown paper to absorb the extra oil and dust with salt, using  $\frac{1}{2}$  teaspoonful of fine salt to each pound of nuts.

### *Directions for Crystallizing:*

Crystal is a brilliant air-tight coating with which candies may be coated as a means of improving their appearance and keeping qualities.

Cook 5 lbs. of sugar and  $2\frac{1}{2}$  cups of water to 223 degrees.

Remove from the fire very gently and let it stand quietly until perfectly cold.

Place the candies to be crystallized—such as candied orange or grapefruit peel, cream peppermints, bonbons, marzipan fruits, etc.—in a pan, in even





Lay a dampened piece of Cheese-cloth over the Syrup to absorb any Crystals which may form there



Draining off the Syrup





## Decorative Candies and Salted Nuts

### *Directions for Crystallizing:*

rows, each candy slightly separated from the other.

Pour the cold syrup carefully over the candies to be crystallized, with as little agitation as possible.

When the candies are covered with this syrup, lay a clean dampened cheese-cloth gently over the top of the syrup. It will float on top and absorb any crystals which may form there. Allow this to stand quietly without disturbing for about eight hours, then remove the cheese-cloth.

Pour all into a large sieve, allowing the syrup to drain off from two to four hours until the candies are quite dry. They will be found to be covered with a fine white crystal.

### *Strawberry Creams:*

Select not too ripe strawberries that have fresh green hulls and are not too large. Brush them with a flat soft camel's-hair brush, to remove all sand. *Do not wash.*

Melt some bonbon fondant (recipe is given on page 43), flavor with vanilla, and dip each berry, by the hull, as far into the cream as possible. Remove and place on waxed paper. Stir the fondant a little before dipping each berry.

These should be used soon after they are made, as they will leak in a few hours.

## Decorative Candies and Salted Nuts

### *Tangerine Creams:*

Peel and separate sections carefully of two or three tangerines, removing all the fibers, but taking great care not to injure the inner skin. Let dry for six or eight hours. Melt some bonbon fondant (see page 43) flavored with a little juice of a tangerine and a little grated peel.

Dip the quarters, being careful not to puncture the skin.

These tangerine creams are delicious, but must be used almost at once, for they soon begin to leak.

### *Malaga Creams:*

Cut about a pound of Malaga or Tokay grapes off the stem, leaving enough stem to dip each grape by.

Wash and *dry thoroughly*.

Melt about two pounds of bonbon fondant. Flavor delicately with rose or vanilla and tint a rose pink. Dip each grape down as far into the cream as possible, using the stem to dip by. Remove and place on waxed paper.

The fondant should be mixed a little before dipping each grape.

### *Apricot Pralines:*

- 2 large greening apples
- 1 lb. dried apricots
- 2½ lbs. (5 cups) granulated sugar

Wash apricots in clear, cold water two or three times, then put them in a crock or marbled dish and cover with

## Decorative Candies and Salted Nuts

*Apricot Pralines:* 1½ qts. of hot water. Let these stand for 12 hours; then put them on the fire and cook to a pulp; then strain through a sieve.

Wash and quarter the greenings and cook to a pulp in a scant pint of water. This also should be put through a sieve, then added to the apricot pulp. Put on the stove and cook ½ hour; then add the sugar and cook for twenty minutes. Take from the fire and pour into a candy funnel (see illustration facing page 63) and drop onto an oiled slab. If you desire thicker pralines they may be dropped into starch molds. (Directions for molding in cornstarch are given on page 63.)

When these have stood for twelve hours they will be firm enough to handle and should be steamed *very slightly* in an ordinary kitchen steamer. Then dust the top and bottom with granulated sugar. If preferred they may be crystallized.

*Marrons Glacés:*

Heat in the oven 1 lb. large chestnuts, stirring them up once or twice, until they are warm enough so that the inner skin will come off when you peel the outer skin with a knife. When all are peeled and blanched, sew or tie each whole chestnut in a piece of the thinnest cheese-cloth, to keep them from falling

## Decorative Candies and Salted Nuts

*Marrons Glacés:* apart while boiling. Add enough water, to which has been added a pinch of salt and two tablespoonfuls of sugar, to cover well, and boil until the nuts are *very* tender. Do not stir them, as they break apart easily and the marrons should be kept whole.

Cook:

3 lbs. (6 cups) sugar  
1½ pts. (3 cups) water

to 220 degrees and pour over the chestnuts (still leaving on their cheese-cloth jackets) and let stand over night.

In the morning drain off the syrup and recook it to 224 degrees. Pour it over the chestnuts and let stand for 24 hours.

Drain and recook to 228 degrees. Pour it over the chestnuts and let stand 24 hours.

Drain, and remove cheese-cloth jackets. Any marrons that are broken may be mashed or riced in a potato ricer and molded into balls for bonbon centers or glacé love apples.

Glacé the whole marrons as follows:

1 lb. (2 cups) sugar  
1 cup water

Stir until the sugar is dissolved. Cook to 240 degrees. Remove from the





Rub the Side of the Dish with a Wooden Spoon until the Syrup begins to look Cloudy



Making Marron Glacés



700 1000 1100 1200 1300 1400 1500 1600 1700 1800 1900 2000  
 2100 2200 2300 2400 2500 2600 2700 2800 2900 3000 3100 3200

## Decorative Candies and Salted Nuts

*Marrons Glacés:* fire and with a flat wooden spoon rub the side of the dish, just dipping the edge of the spoon in enough to work a little syrup upon the side. Rub it until that side of the dish where you are working begins to look cloudy. (See the accompanying illustration.) Dip the whole marrons, one at a time into the cloudy part of the syrup, and remove onto a wire sieve to drain and harden.

The finished marron glacés will be shiny and brown—and delicious.

*Decorated*

*Holly Mints:*

Make cream peppermints as described on page 88.

Pressing onto each, just after running it from the funnel and while it is soft, a small candied mint leaf or two and a tiny round red cinnamon-drop. Angelique may be cut into leaf shapes and used instead of mint leaves, but it is not so pretty a green. It is necessary to have two people do this, one to drop the mints from the funnel, the other to decorate them.

*Christmas Holly:*

Choose large candied mint leaves, and at the stem end of each leaf place a tiny round red cinnamon-drop, using a bit of hot glacé on a toothpick to stick leaf and berry together.

*Hallowe'en*

*Faces:*

Make some large flat chocolate peppermints.

## Decorative Candies and Salted Nuts

### *Hallowe'en Faces:*

Mix the white of an egg and XXXX sugar to a running paste, and color bright yellow. Now with a toothpick make eyebrows, nose and mouth of this icing. Place each mint in a yellow crimped paper case.

Hallowe'en faces can be made also on yellow cream peppermints, using melted chocolate for the eyes, nose and mouth markings.

### *Pumpkins:*

Color marzipan paste, as given on page 128, a bright pumpkin yellow. Shape into balls, and with a thin smooth nail press creases from top to bottom. Stick a bit of angelique in the top for a stem, and crystallize as described on page 132.

### *For the Fourth of July Decoration*

### *Torpedoes:*

Make some chocolate creams molding them in cornstarch or shaping by hand into peaked drops. When dry, wrap each drop in tissue paper—some in red, some in white, and some in blue, like a torpedo.

### *Calla Lilies:*

Make some marzipan as directed on page 128.

Roll out about three-fourths of the batch as thin as possible on a bread board dusted lightly with powdered sugar. Cut into two-inch squares. Now take up one at a time and fold,

## Decorative Candies and Salted Nuts

### *Calla Lilies:*

placing the middle finger down one point and bringing the two side points together over it. Press firmly together and stick a piece of angelique into the bottom to form a stem.

Now color the remaining part of the paste, which was left out in the beginning, a bright yellow color. Form it into oblongs, like a lily center, and place one inside each lily cup.

Place in pans and crystallize as described on page 132.



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